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Family - Dictionary;

Houshold Companion

In an Alphabetical Dethou,

I. Directions for COOKERY, in Dreffing Flesh, Fowl, Fish, Herbs, Roots, &c. Seasoning, making Sauces, Bills of Fare, Art of Carving, &c.

II. Making all forts of Pastry Ware, and Things made of Meal,

Flower, whether bak'd, boyled, or fried, &c.

III. Making of Conserves, Candies, Preserves, Confects, Lo-

zenges, Gellies, Creams, Pickles, &c.

IV. The Making all kinds of Potable Liquors, as Ales, Meads, Metheglin, English Wines of Cherries, Currants, Gooseberries, Raspherries, &c. Cyder, Cyder-Royal, Usquebaugh, Cordial Waters.

V. The Making of all forts of Rare Perfumes, Sweet Balls, Pouders, admirable Washes, Beautifying Waters, Oils, Essen-

ces, Pomarums.

VI. The Virtues and Uses of the most usual Herbs and Plants, their Roots, Barks, Leaves, Flowers, Fruits, Seeds, used in

Phyfick.

VII. The Preparations of feveral Choice Medicines, Physical, and Chirurgical, as Cordial Waters, Spirits, Tinstures, Elixirs, Essences, Syrups, Pouders, Electuaries, Pills, Oils, Ointments, Cerecloths, and Emplasters. Fitted for a Family Use, in Curing most Diseases incident to Men, Women, and Children.

The Second Coition. Corrected, and much Enlarged.

By WILLIAM SALMON, Professor of Physick.

London, Printed for D. Bhodes, at the Star, the Corner of Bride-lane, in Fleet-freet: And fold by R. Clavel at the Peacock against St. Dunstan's Church in Fleetstreet, 1696.

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PREFACE.

ted to the use of Ladies, Gentlewomen, and such other Persons, whose Station requires their taking care of the House. It is fitted in a Two-fold respect. As it relates to, 1. The Dressing of Food or Meats for conservation of the Strength of the Body. 2. The Preparation of Medicines, for the apt and speedy restoring of the Health being lost; in both which Cases, it may be called, and not unsitly, in regard it is in an Alphabetical Method, The Family-Dictionary; Or, Houshold Companion.

II. But because we here seem to inculcate that it is Addressed to Ladies and Gentlewomen, we would not be understood that it is fit for none else: The Matters here treated of are very concise, yet plain, and possibly delivered in a Language not unpleasing to a Learn-

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ed Ear; and may prove as useful to the more intelligent of Man-kind, as it can possibly be to those for whom it is more especially

designed.

III. I shall say little to it, in the first respect; though I am satisfied it contains the best
Receipts for Cookery that are Extant; and may
serve the most delicate Palates, and Luxurious Minds, as a Treasury or Store-house,
not only of Substantial and well made Dishes;
but also of Picquant and Pleasant Sauces to
stir up the Stomach, and provoke the Appetite.

IV. It contains also Directions for making Potable Liquors of Several kinds, as Ale of various Sorts, Meads, Metheglins, after the best Prescripts: Syders, and Syder Royal, not inferior to the most Exalted Wines; Wines of all Sorts, made of English Fruits, Usquebaugh the true Receipt, with Variety of choice and excellent Cordial-Waters: For these things it is truly valuable; and if it were but for these things alone, is worth the keeping in an Industrious Man's House.

V. But the admirable Cooking of delicate and exquisite Dishes, furnishing delicious

Sauces,

Sauces, and the making of the most rare Confeets of all kinds, as Pastry, Sweet-Meats, Conserves, Jellies, Marmalades, Preserves, Quiddonies, &c. are not the only things here discoursed of, and with which the Ladies are treated; but here are Curious Direstions for the making of all Sorts of Rare Perfumes, Admirable Walhes, Beautifying Waters, Softening Oils, and Choice Pomatums, (with which this Book is not slenderly stored) for the taking away the External Blemishes of the Skin, as Breakings-out, Freckles, Lentils, Morphew, Pimples, Redness, Scabs, Itch, Scurf, Spots, Sun-burning, Tannings, Worms in the Face, and many other Deformities, of what nature soever, usually happening to humane kind.

VI. Now as to the other part, which relates to Physick and Medicine, we have this to say, That though it contains not a vast Variety, yet it has enough of every thing that is necessary, for any Gentleman's Family; it is not stufft with Impertinent, Impossible and Ridiculous Receipts; but furnished with the most Excellent and Profitable Medical Preparati-

ons for the Cure of most Diseases and Distempers usually befalling the Bodies of Men, Women and Children, and may stand in good stead, and serve in an Exigency, even when Life lies at stake, or where an able and honest

Physician is not near at Hand.

VII. As to the Choice of Medicines here treated of, they are Rare, and the best things of the kind, extracted out of heaps of Voluminous Authors; and they have a few other Faculties which go along with them, as being, 1. Hew in number. 2. Cheap. 3 Common. 4. Easily prepared. 5. Effectual. 6. Safe. 7. Durable. 8. Small in Dose. These are the true Qualifications which a set of Medicines sitted purely for Family Use, ought to consist of; and any of which being wanting, must make them so much the less desirable.

VIII. For too many things would have confounded the Mind: Should they be Dear, they could not be accommodated to Vulgar Use: if scarce to be had, not eligible: if difficult in preparation, hazardable: if dangerous, not by Timorous Hands to be ventured on: if perishable,

rishable, not Valuable: and if of large Doses, fit only for Horses, not for Infants and Children, Squeamish Stomachs, and Persons of

Quality.

IX. The Compositions and Preparations themselves, are delivered in few Words, not with Tautologies, and impertinent Digressions: The Expressions are Plain, the Language Easie, the Directions Obvious, and the Method Direct, for the Instruction of the Persons to whom it is intended, in the Personning and Compleating of all the things, herein contained, and which are indeed the most necessary and useful things, and the most desirable and prositable to humane Life.

X. Lastly, It is addressed to Ladies, Gentlewomen, and Persons of Quality, to the Great, the Rich, the Noble, and the Generous Spirited, that they may do Good in their Generations, be helping and assisting to their Neighbours and Friends, and hold out a Hand of Relief and Comfort to the Poor, the Wretched and Miserable, whose Cries and Prayers will certainly call down the Bounties of Heaven upon you, and its Muniscence perpetually to

Souls a Blessing before they die.

Blue - Ball, by the Ditch - side, near Holborn - Bridge, the 24th of June, 1696.

William Salmon.

The Virtues and Uses of the True Balsam de Chili, to be had at Dr. SALMON's House, at the Blew Ball by the Ditch side, near Holborn-bridge, London.

IT is the most precious of all natural Balsams, by reason of its Specifick Properties, excelling all others, even the most fragrant. curing many inveterate, and supposed incurable Difeases. It eases all pains in any outward part, coming of Cold or Wind, also pains in the Stomach, Belly. Reins and Bladder, proceeding from the Colick, Sand. Gravel, Stone, or any stoppage of Urine, for which purpose it is one of the best things in the World: It is good against Ulcers of the Breast, Lungs and Womb, inward bruises, spitting of Blood, shortness of Breath, Coughs, Colds, Althma's, Whealings, Hoarfeness, and other Diseases of those parts. It cures aches, pains, lameness, weakness of the Limbs and Joints; heals all manner of green Wounds, Old Running Sores, Rotten Ulcers, Fistula's, Punctures, and all other affects of the Nerves and Tendons. It eafes and cures the Gout, Sciatica and Cramp as also all pains and griping of the Stomach and Bowels, Fluxes and Bloody Fluxes, promotes Conception, and causes speedy and easie Delivery to Women in Travel, taking away and preventing Afterpains. It cures Trembling of the Limbs, and the Palfie, if not inveterate and prevails against Apoplexies, Convulsions, Falling. fickness, Lethargy. old Head-Achs, Megrim, Vertigo, and most cold and moult Diseases of the Head, Brain, Nerves and Womb, comforting and fortifying all the Senses both internal and external; fo that there is scarcely such another Medicine upon Earth. Price Eighteen Pence an Ounce. The True Balfam is only to be had at the place above-named, and at H. Rhodes at the Star near Bridg-Laue, Fleetfreet.

Ch. or Dielling. to remobe . Take Sheeps Suet, fine Oatmeal, and Black Soap, of each four Ounces; boil them in two quarts of Water till they come to the thickness of a Salve; then spread a Plaifler, and laying it to the place grieved, it will remove the pain.

aches: For Aches in any part of the Body, take this following Ointment thus

made :

Take Sheeps-fuet, Oil Olive, of each a pound, melt and mix them; to which add of Turpentine three ounces, Oil of Amber two ounces, Chimical Oils of Rosemary, Oranges and Limons, of each an ounce; Oils of Lavender and Juniper-berries, of each half an ounce; mingle them well together for ufe. You cannot use them without fuccess, not only for Aches, but for Lameness in the Limbs, Stitches, Gout, or Bruises.

Adders Conque : This Herb is used successfully in Wounds new or old, either outwardly applied, or taken inwardly. Inwardly it is used as a Vulnerary, being made with

drink, and so taken every day for some time : And Outwardly the Juice is made into a Plaister. by boiling it in Oil Olive and Sheeps Suet to a Confiftency, and then adding thereto Turpentine and Gun Elemi, of each equal parts. There is also an Oil made of it in this manner. viz. Bruise a handful of the Leaves in a flone Mortar, boil them in a pint of Olive Oil till they have fuck'd up the Oil: then press them hard. and keep the Oil that comes from them for your use, is used with success in Wounds and Ulcers.

Æthiops Dineralis : Take pure Quicksilver, Flowers of Sulphur, of each a like quantity; mix them well by grinding in a Marble or Iron Mortar, till such time as no Particles of the Mercury appear, but it becomes a perfectly black and impalpable Powder : Being used for some time, it admirably sweetens the Blood, prevails against a Scabies or Scabbinefs, belps in the Kings-Evil, and is good in a virulent Gonorrhaa : It is alfo given Children for the Worms, from ten grains to a scruple.

Zarimony Common , other Wound-Herbs into a Diet- its Virtues : It cleanles the

Blood,

Blood, removes Obstructions of the Liver, and is confequently good in the Dropfie and Jaundice, the Leaves of it being boiled in their ordinary Drink: it may likewife be used outwardly in Baths, to strengthen weak Limbs: Half a dram of the Powder of the Leaves in Conferve or Wine, restrains involuntary Piffing. It is an excellent Wound-herb, being boiled with other Wound-herbs in a Dietdrink; and outwardly used in an Ointment or Plaifter, by boiling a good quantity of the bruised Herb in Oil, and making it up with Wax and Sheeps-fuet into an Ointment; or by adding Turpentine and Gum Elemi, to make it into an Emplaister.

Marimony-Water : This strengthens and cleanfes the Blood, and opens the Obstructions of the Liver; for which reason it is very available in Dropfies, the Jaundice, and ill habits of the Body, if you infuse it in Ale or Beer, or your ordinary Drink; eight handfuls in four gallons are fufficient : it is used also outwardly in Baths and Lotion. The best way of using this Herb is to take twelve handfuls of it. which is to be bruised, and then put into a bag with a stone in it, and fo put up into four gallons of New Ale, of which the fick is to drink every day, as ordinary Drink.

There is a Powder likewise

made of it, which is done by drying the Leaves, to prevent involuntary Urine; half a dram of it in the Conferve of Roses being to be taken when going to bed, for three weeks successively.

Agues, to cure: First cleanse the Stomach well with a Vomit, as with a spoonful or two of Vinegar of Squills given in the morning in a glass of Whitewine, which repeat; or rather with Tartar Emetick, which you may give from 2 grains to 6 grains, according to age and strength: then purge the Bowels well with Pilulæ Catharticæ, (which see in Our Pharmacopæia Chirurgica;) after which, you may safely give the following Potion:

Take choice Cortex Peruanus 2 ounces, beat it into gross Powder, and put it into a quart and half a pint of pure Red-Portwine, let it simmer close covered two hours over a gentle fire; then make it boil about half a quarter of an hour, and strain out, and sweeten a little with double-refined Sugar : Divide it into 8 parts for 8 Doses; the first to be given presently after the Hot Fit is off; the next Dose at Night, when going to bed, if the Kit was in the Morning : otherwise, the next Morning ; and fo to be continued Morning and Evening, till all the Dofes are taken . It will not fail of curing any Ague what soever : but if it be a stubborn Quartan-Ague, you must sometimes re-

peat

peat the whole quantity a-

gain. ague falling into any part of the Body : If the Ague takes its station in any particular place, and affect not the whole Body at once, to remove and expell it, Take Sheeps-Suet, Oil-Olive, of each half a pound; Oil of Amber, Oil of Anifeeds, of each an ounce and an half, and mix them for an Ointment, and with it bathe the afflitted place, as hot as may be endured, before a fire; and in Jo doing two or three times, it will remove the cold Humour that occasions the Ague.

To remedy this, Take the former Ointment, and anoint it upon the Breast warm, rubbing it in for a quarter of an hour or more with your warm Hand, clapping over it a piece of white Cotton, and it will in a short time cure the Ague,

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ague to cure, a Powder : Take Antimony and Cinnabar one ounce, common Salt decrepitated two drams, pouder them together, and put them into a glass Cucurbit, and pour on them four ounces of the Oil of Sulphur; let them digest for two days over a moderate Heat in a Bath of Ashes; then by encreasing the Heat, evaporate the fuperfluous Moisture, and having well washed the Mass that remains, dry it, and reduce it to a Powder, and mix

it with four ounces of the Flowers of Sulphur, and fer it over live coals in an earthen Platter, flirit continually with an iron Spatula, and when the Flowers are confumed, pour in Spirit of Wine three Fingers high; and when it is confumed, take the remaining mass, powder it, and keep it for use.

This is a Powder extremely commended for the cure of all intermitting Agues, being taken half an hour before the Fit, from fifteen to twenty grains, in fome Syrup or Cordial-water, and supping a little Broth about two hours after it; and if the first and second Dose prevails not, a third may be taken; for it works easily, and mostly by Sweat.

A Tincture of the Leaves and Bark with Spiritus Univerfalis, is a famous thing against Obstructions of Liver and Spleen, the Yellow-Jaundice, Hypochon-driack Melancholy, and other Diseases proceeding from that Humour. Dose from 2 to 3 drams in any convenient Vehicle.

Alabastrum Anguentum, an Ointment so called: The making of which, you may see in Our London Dispensatory; but now it is a thing out of use, there being many better Medicines than it for the same purpose, and therefore we forbear describing it

Ble : It is made by infusing ground Mault in boiling Water, fo long till the Water has extracted all the virtue of the Mault: This done, and the Wort only Blood-warm, it is wrought up with Yest, and so becomes Ale. The proportion of the Mault to the Water is according to the strength you design your Ale to be of. You may make a Saive or Cerecloth of New Ale, by boiling it till it becomes thick. It is good for all manner of Aches, Pains, Strains, Swellings, and Weaknesses in any Part, chiefly in the Back and Limbs.

Mie, a Syrup of it : Take of New Ale a gallon, it being the Wort of the first running; put it into an iron pot, over a clear gentle fire, keeping the pot open, and scumming it continually; and when it is boil'd away to a pint, take it off, and put it into an earthen pot with a cover, and take a little thereof morning and evening on a knife point. This is excellent good for Pains in the Back, occasion'd by the Foulness or Heat of Urine in the Ureters, Kidneys, or the Stoppage of the Passage in the Reins, and also for the Whites in Women.

Ble Cock. See Cocks

Ale Scurbygrafs. See Scurbpgrafs-Ale.

Beer a quart, fcum it well, put in flices of fine Manchet, and blades of large Mace; boil it again, and put in fome Sugar, with a sprig or two of Rosemary; strain it, and drink it hot. It is not only strengthening, but very good against Colds and Rheums.

Ale Durging : To make this (according to the true Receipt left by the famous Dr. Butler) Take two ounces of Sarfaparilla, Senna, and Polypody of the Oak, of each four ounces; Annifeeds, and Carraway-feeds, of each half an ounce; Licorill two ounces; Agrimony and Maidenhair, of each a small handful; Scurvygrals ten handfuls : beat and bruife thefe together grossly, put them into a bag made of Canvas, and hang it in five or fix gallons of Ale, and when it is three days old, drink it. This Liquor chiefly purges by gentle breathing Sweats and Urin, being excellent to expell Scorbutick Humours and Dropfies, &c. There is another Receipt of this Ale, in Our Pharmacopxia Bateana, lib. 1. cap. 14. fect. g. which you may fee at leifure. This following is a general Purging Ale. Take Senna, Mechoacan, of each 8 ounces; Roots of Monks Rhubarb, of Sharp-pointed Dock, of each 7 ounces; Aniseeds, Carraway-feeds, Daucus-feeds, Coriander-feeds, all bruised; Horse-radish-roots scraped, Rhubarb fliced, of each 3 ounces; Burdock-roots bruised, blew Currants, Garden Scurvygrass, of each a pound ; 6 Oranges fliced :

put all into a bag with a stone in it, and put it into 5 or 6 gallons of New Ale, whilst it is working in its proper Vessel; on the third day you may drink it, a pint for a Morning's-draught, for fourteen or twenty days, more

or lefs.

Meranders, its Virtues : It is by some call'd Horse-Parfley, or Wild-Parfley. warmeth the Stomack, and opens Stoppages of the Liver and Spleen: it moves the Courses, and expells the After-birth : it breaks Wind, and provokes Urin: helpeth the Strangury, if the Leaves be boiled in Wine, and drank two ounces at a time, pretty hot: The Seeds have the fame virtue, admirably provoke Urine, drank in Whitewine, in Powder, and are effectual against the Biting of Serpents.

Almond = Bisket : To make this, Take the Whites of four new-lay'd Eggs, and two Yolks, beat these well for the space of an hour, having in readiness a quarter of a pound of the best Almonds blanched in cold Water; beat them very fine with Rofewater, left they come to an Oil: then beat a pound of fine Loaf-fugar in the Eggs a while, and fo put in the Almonds, with five or fix spoonfuls of the finest Flower, or rather as much Crumbs of Whitebread: make them into proper shapes, and bake them in a

moderately heated Oven, on Paper Plates, dufting over them a little fine-fifted Sugar.

Almond-Cakes: To make these, Take a pound of Almonds blanched in cold Water, beat them with Rofetill they lose their glistring, put in half a pound of fine Sugar well fifted; beat these and the Almonds together, till they be well mixed : then take the Whites of two Eggs, and two spoonfuls of fine Flower well dried, and beat them together, and pour in your Almonds; then butter the Plates you frame your Cakes in, dust them with fine Sugar and Flower; and when they are a little brown in the Oven, draw them, fuffering the Oven to cool a little : then fet them in again upon brown Paper, and they will become much whiter than before.

Almont-Cauble: To do this well, Take of New Ale three pints, boil it in a quarter of an ounce of Mace and Cloves, as also some sliced White-bread; then put in a pound of blanched Almonds well beaten, and half a pint of White-wine; scum it well in boiling, and when it is sufficiently thicken'd, sweeten it according to your Palate: This is not only pleasant and nourishing, but very good in a Consumption.

Almond = Cheefe : Take

Sack-poffer made with only Sack and Cream; take off the Curd, and mingle it with the beaten Almonds; fet it on a Chafing-dish of Coals, and put fome double-refined Sugar to it, with a fufficient quantity of Rose water, then in a Pye-plate fashion it into the form of a Cheele: put it into a Dish, and scrape a little Sugar over it, and when it is cold, ferve it up.

Almond - Cream : Take half a pound of Almond-Pafte beaten with Role-water, strain it with a quart of Cream, and put it into a Skillet with a flick of Cinnamon broken into small pieces; stir it continually in the boiling, and when it is boiled, fugar it, and ferve it up when cold.

Mimond-Cuftard : Take two pound of Almonds. blanch and beat them in a stone Mortar very fine, adding as much Rose-water as will make them very moist : then put them in a Preis, and fqueeze out the liquid part, and put it to two quarts of Cream, twenty Whites of Eggs well beaten, and a pound of double-refined Sugar : put it into a Pan, cover it with a Lid of Puff-paste; let it be baked gently, and then scrape over it fine Sugar.

Mimond- Jelip : Take a pound of Almonds, and steep them in cold Water fix hours: when they swell, the Husks may be taken off: then make

a Decoction of half a pound of Ising-glass, with the Juice of two Limons, and two quarts of Whitewine, boil it till half be confumed; then let it cool, and strain it : mingle it with the Almonds, and strain it, with a pound of double-refined Sugar, and with fuitable Colours may make it of what Colour you will: put into it Eggshells, or Orange-peels, that is, place them on the top of

it, and ferve it up.

Mimond Leach : To do this, according to the French fashion, Take a quart of fresh Cream, a quarter of a pint of Rose-water, four grains of Musk diffolved in Rofe-water, and four or five blades of large Mace; boil them with half a pound of Ifingglass, steeped before in Water. and washed clean : put to these half a pound of Sugar, and being boiled to a Jelly, strain it through a Jelly-bag into a Dish, and when it is cold, flice it into a Diamondfathion, and chequer it over, and serve it on Glass, or other Plates, strewing, if you pleafe, Sugar mixed with the Powder of Cinnamon on them.

Almond - Mith: To make it according to the best method, You must boil about two quarts of Water, scumming it well, and when it is taken off, fuffer it to fettle : pour out the clear part, and fetting it over the fire again, boil in it

Violet-

Violet-leaves and Strawberryleaves, of the Roots of each a large handful, Sortel-roots half a handful; these being well washed put in with them a Crust of Bread, and stoned Raisins of the Sun two ounces, and fo fuffer them to boil over a gentle fire till the liquid part be confumed to a quart; and then with fifty Almonds blanched, and thirty Pompion-kernels, all well beaten, draw an Almond-milk, then Iweeten it with fine Sugar, and drink Morning and Evening about three quarters of a pint. This doth excellently Iweeten the Blood, and causes a ruddy and fair Complexion, being very good in Confumptions.

Mimonds, an Dil : To make this, Take Sweet Almonds blanch them and bruife them, then pour on them a little Rose-water, and put them into a Vestel, that they may be kept warm, as it were in hot Water; then put them into a Hair-bag, pressing them at first gently, in an Almond-Press, with a great Iron Screw, and so continue it by degrees, till you perceive a clear Oil This, by bathing, come out. mitigates Pains and Swellings, comforteth the exasperated Parts, especially the Lungs and Kidneys: it mollifieth dry and hard Swellings, and is profitable in Hectick Fevers, to be given in any cooling Liquors, and for the anointing the Forehead and Stomach: it also supples the Face and Hands, and keeps them plump and soft.

Almond-Budding: To make this, Take two French Roules, or other White-bread, flice them, and put them into a quart of Cream; put it then on a gentle fire till both be hot, beat it well together. add twelve Eggs, and the Whites but of four : Beef-Suet, or Marrow, four ounces, as much of Currans and Raisins, and season it with grated Nutmeg, Mace, Salt, and Sugar, fcattering into it a little Flower; then make a piece of Puff-paste, as much as will cover your dish; fet it in a quick oven, but not too hot, bake it fufficiently, and ferve it up.

Almond-Snow-Cream: Take a quart of fweet Cream, a quarter of a pound of Almond-paste, beat it up well with Rose-water; mix it with half a pint of White-wine, and strain it; put into it the fcrapings of Orange-peel, and Nutmegs fliced, two or three fprigs of Rolemary, and fuffer it to freep two or three hours: then put some double-refined Sugar to it, strain it into 2 bason, and beat it till it froth and bubble, and as the Froth rifes, take it off with a spoon. and put it into the dish to ferve it up in.

Mimond = Cart : Strain beaten Almonds, with the

4 Yolks

Yolks of Eggs well beaten, and new Cream, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tart; and when it is baked, ice it over with gleer of Eggs, Sugar, and Rose-water, beat up

well together.

Mioes-Bolatum : Take of the finest Aloes-succotrine four ounces, make them into a Powder; take the Juice of Damask-Roses clarify'd two pound, put them together, and let them stand in the Sun in a glass Vessel; or in Balneo, till all the moisture be exhaled; do this four times, and then make it into Pills, which are excellent to purge the Stomach, for Pains in the Bowels, and a gentle Purge upon any occasion. If to 10 grains of thefe Aloes you put 2 or 3 grains of Laudanum, or one or two grains of strained Opium, and give two little Pills of it at night when going to bed, it gives good Reft, eases all manner of Pains, and carries off the offending Humour the next day by Stool, with all the gentleness maginable.

Mont to Burn: Burn this in a new earthen vessel, and when it ceases to bubble, and no more froth or scum, upon the sudden taking off the cover, arises, it is sufficient.

Ambergrise = Cakes, to Make: Take fine Flower a quarrer of a peck, mix with It slices of Marmalade of Quinces, a quarter of a pound of Sugar and Rose-water beaten up together, of each ten spoonfuls; Yest half a pint, Currants clean pick'd and wash'd a pound, Cinnamon and Mace finely pouder'd, of each half an ounce, candy'd Orange-peel cut very fmall; then with ten new-fay'd Eggs, and a quart of new Milk. thicken it, and mix it well: then diffolve a dram of Ambergrife in a quarter of a pint of Whitewine, and mix with the rest; so make it up into a Cake, and bake it in a gentle oven, and it will prove excellent, if iced over with Sugar melted in Rofe-water, and the White of an Egg. .

Ambergrife, the Tinchure : To make this, Put in half a pint of rectify'd Spirit of Wine into a ftrong glass, Ambergrise two drams, Musk two drams; let the glass be stopp'd close with a cork, and tied over with a bladder, and place it in a cool place for the space of a month; then pour off the Spirit gently, and put on as much new Spirit, and place it as before, pouring off the fecond time clean: and after all this, the Ambergrise will ferve for ordinary uses: And the Tincture drawn off as before, one drop of it is an excellent Perfume, and being drank in Tea or Coffee, is an excellent Cordial.

Amber Dills: Take Venice-Turpentine one ounce, put it in a clean glazed earthen

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pot upon embers moderately hot, and to try whether it be enough, take a drop and let it cool, and when it is so stiff that it will not cleave to the fingers, it is enough; then take of the Pouder of Pearl, white Amber and Coral, of each a dram; of the inner, Bark of an Oak, Nutmeg and Cinnamon, of each a quarter of an ounce : add to these three ounces of Loaf-fugar bruised and sifted, then make them into a Pouder, and with the before boiled Turpentine make all into a mass of Pills, by beating in a mortar. The Dose is from one dram to two drams at night going to bed, fwallowing after them the Yolk of an Egg a little warm : and fo by doing two or three times, it will flop all Fluxes of the Bowels. and Fluxes of Humours to any part ; frengthen the Stomach. Liver and Spleen, and preserve Women with Child from Mifcarrying, and fortifie the Body against violent Distempers.

Amber - Dudding: To make this, Take the Guts of a young Hog, turn them and wash 'em very clean; then take two pound of the best Hogs-lard, a pound and an half of the best Jordan Almonds blanched, beat one half of them very small, and the other half reserve unbeaten: take surther, a pound and a half of Sugar, sour Penny White-loaves, grate

them over the former Compofition, and mingle them well; put in half on ounce of Ambergrife scraped very small, half a quarter of an ounce of Levant Musk, a quarter of a pint of Orange-flower-water; mingle all these very well, fill the Guts, but not too tight; boil them over a gentle fire for sear of breaking, and they will prove excellent Fare.

Amber, a Volatile Salt. See

Our Pharm, Bateana.

Imulet, to Make: Take twelve Eggs, bear them and strain them, put to them three or four spoonfuls of Cream, then put in a little Salt, and having your frying-pan ready with some Butter very het, pour it in, and when you have fryed it a little, turn over both the sides into the middle; then turn it on the other side, and when it is fryed, serve it to the Table with Verjuice, Butter and Sugar.

Having first poudered, and then infused them in a convenient quantity of Vinegar; when you have sufficiently imbibed it, cause the Vinegar gently to evaporate, and dry

Andolians: Soak the Guts of a Porker in Water and Salt, turn them and fcour them, that they may be made very clean; let them steep after that a day and a night in fair Water, dry them well with a

linnen

linnen cloth, turn the fat fide outermost; then shred Sage very fmall, mix it with beaten and then fifted Pepper: do the like by Cloves. Mace, and Coriander-feed, mingle them with a little Salt, and feafon the fat fide of the Guts : then turn that fide inward again. draw one Gut over another to what thickness you please. boil them in fair Water with a piece of interlarded Bacon. some of the Spices beforemention'd, and a feafoning of Salt, tie them fast at both ends at what length you pleafe. and as it is more liking and favoury to your Palate, you may put into them Pennyroyal, Savory, Leeks, Onions, or Sweet-Marjoram, chop'd or bruifed very fmall; or, if you pleafe further to gratifie your Appetite, Rolemary, Thyme, Nutmegs, Ginger or Pepper grofsly bruifed.

Inifeleeb-Water : Take ren gallons of good low Wines, or proof Spirits, one pound of Aniseseed, or more, as you will have it it in Arength: now, if your Spirits are high proof, you may add a little Water in the Difillation, and then draw off the fame quantity you put on: This rule ferves well for Seeds, but only the quantity is diversified, according as they be in strength; for of Cardamums you must put two pound to the like quantity of

Spirits.

As to the Herbs, Angelica, Mint, Balm, Wormwood, and the like, they ought to be gather'd in their prime, and gently dried; the proportion is more or less in quantity, according as you will have the Water in strength of the Herb; for one is stronger than another, and a handful of Wormwood will go surther than two or three of another Herb.

Ingelica is hot and dry. even the Herb, but moreespecially the Root: The Root 'preserves against the Infection of the Plague, if infused in Vinegar, you frequently chewit, and also hold it to your Nofe. Take a dram of the Powder of the Root; and half a dram of Ginger and Zodoary in Pouder, mixed with as much Venice-Treacle; and this being taken once in fix hours, will cause a curious breathing Sweat. The candied Roots and Stalks fweeten the Breath, and help against the Diseases of the Lungs.

Lozenges of Angelica: Take the Extract of the Roots of Angelica and Contrayerus, of each of them an ounce; three drams of the Extract of Licorice; of the Flower of Sulphur Sublim'd with Myrrh five drams, of Oil of Ginnamon about eight drops, fine Sugar twice the weight of all of them, with a mucilage of Gum-Tragacanth made in Scordium-water: make them up into Lozenges.

Fuge=

Angelica-Roots, to Preferve : Wash the Roots, and flice them very thin, and lay, them in Water three or four days, change the Water every day, then put the Roots into a pot of Water, and fet them in the embers all night, in the morning put away the Water; then take a pound of the Roots, four pints of Water, two pound of Sugar; let it boil, and fcum it clean. then put in the Roots, which will be boiled before the Syrup; then take them up, and boil the Syrup after : they will ask a whole day's work very foftly : at St. Andrew'stime is the best time of the vear.

Angelica, to Candy : Take the Stalks, boil them in fair Water till they become very tender, then fhift them in three boilings fix or feven times, that the bitterness may be so taken away; then cover them with Sugar, and let them boil a minute; then take them out, and dry them in an oven; and being dried, boil the Sugar to a Candyheighth, and so cast them into the hot Sugar, and take 'em out again fuddenly, and use them as the former.

Ingelica Water and Compound Spirit: Take of the Roots of Angelica, of the Leaves of Carduus Benedictus, each fix ounces; Balm and Sage, of each four ounces, of the Seeds of Angelica fix

ounces, of fweet Fenel-feeds nine ounces, to the dried Herbs and Seeds grossly poudered ; add of the Species called Aromatick Rosat, and fweet Diamosch, of each an ounce and an half; infuso them two days in fixteen quarts of Spanish Wine, and then distill them with a gentle fire ; add to every pint two ounces of Sugar diffolved in Rose-water: The first three pints are called Spirits, the rest is the Compound Water. Lond. Difpenfat.

Ingelot-Cheefe, to Make : Take a gallon of Stroakings. and a pint of Cream, and put to them, when mixed, a little Rennet: when you fill, turn up the middle fide of the Cheefe-fat, fill them a little at once, and fuffer it to fland all that day and the next: then turn them, and so leave them till they will flip out of the Fat; falt them on both fides, and when the Coats begin to come, lay them a drying, and it will have a very pleasant relish.

Ingling: To have the best sport and success in this part of Recreation, Take Assarbate, and Olive-oil, bruise em in a mortar till they become a pliable Ointment, and by anointing your Bates therewith, the Fish will presently take them.

a pint of Milk once up, and mix

mix with it the Yolk of an Egg well beaten, so that in the putting in, it curdle not, then four spoonfuls of brown Sugar, and a little of the Decoction of Camomilflowers; and being adminifired pretty hot, it gives speedy and effectual eafe in gripes and

pains in the Bowels.

Antepileptick-Water of Langius: Take the fhavings of Man's Scull, Milletoe of the Oak, Peony and white Dittany, of each two ounces. fresh'Flowers of Lillies of the Valleys two handfuls. Cinnamon fix drams, Nutmeg half an ounce, Cloves, Mace, and Cubebs, of each two drams : these being all bruifed together, put them into a Matras, or Glass body, and stop them up as fecure from Air as may be, in eight pints of Malmfey, and when they have macerated for a week over a gentle fire, distill them in a moderate Sand-heat.

This is properly call'd a Corrected Antepileptick Water of Langius, and has been long in request, and by the preparing it as here directed, it is excellent, given in Epileptick-Fits. The Dose is two drams to half an ounce, being first dulcified with treble-refined Sugar ; 'tis an excellent Cordial. It may be also used for the Prevention, as well as the Cure of this Distemper, and is very proper for all cold Diseases in

the Brain.

Intimonial Claret-Mater : Take Regulus of Antimony in fine Pouder 2 ounces. Whitewine a pint and an half; mix and digeft a week, often firring it; at length let it fettle, and use the Clear & It may be taken from 2 drams to half an ounce or more, as the Person is in age and strength. The Regulus will ferve again above twenty times. It is good against foulness of the Stomach, Surfetts. Cachexia, Dropfie, Gout, Stone, Falling-fickness, Apoplexy, Lethargy, Vertigo, Head-ach, and many other chronick Difeafes, especially such as proceed from Melancholy." It may be taken twice a week, and is always to be given in the morning fafting.

Intimony, its Cinabar : Put into your Retort of Sublimate Corrofive and Antimony, as much as half fills it, pouder'd and well mingled together; let the Retort be placed in Sand, in a small furnace ; fit to it a Receiver : lute the Junctures, and so make a Distillation, and perceiving a red Vapour appear, take away the Receiver, and put another into its place, not luted, encreafing the fire by degrees, till the Retort is red-hot, and fo let it continue three or four hours, then fuffering it to cool, break it, and you will perceive a fublimated Cinabar flicking to the neck of it; feparate it, and keep it. It is a very much prized Remedy

for the French Disease: it likewise forces Sweat, and remedies the Falling-sickness. It is of good use to sweeten the Blood and Lymphus, and all the other Juices, being taken for 7 or 8 weeks together, morning and evening, from balf a dram to 2 scruples at a time, or a dram, in some convenient Vehicle, or Syrup.

Antimony, an Oil or Liquor: Take fix ounces of fine white Sugar-candy, beat it to Pouder, then do the like by eight ounces of Hungarian Antimony, and mix 'em well together, and put them into a glass Retort, and distill them on a Sand-heat with a gradual fire. This Liquor cures intermitting Agues, given in Whitewine, three, four, five or fix drops at the beginning of the Fit, and fo repeating it two or three times. Sennertus.

Antinephattick = Water : Take of Narbone Honey, Parsleyleaves bruiled, Arfmart-leaves bruised, of each half a pound; Venice-Turpentine two ounces, Nephritick Wood and Roots of Rest-Harrow, of each an ounce and a half; Lignum Aloes an ounce, Gulingal, Cloves, Cinnamon, Mace, Cubebs, and Mastick, of each half an ounce; bruise and macerate them for three days together, in two quarts of Rectified Spirits of Wine, or for want of that, in Aqua-vite, and difill them over a moderate fire. This Water is highly recommended for removing of Gravel or Sand out of the Bladder or Kidneys, as also for easing the Pains of the Colick. given from one dram to half an ounce, either alone, or mixed with proper Liquors.

Intifcozbutick Elixir Proprietatis : Take Myrrh. Senna of Alexandria, Aloes Succotrine and Saffron, beaten into Pouder, of each four ounces, digeft them in a close-stopp'd Vefsel for eight days in a moderate Sand-heat, with four pints of Antiscorbutick Spirit, or Spirit of Scurvygrass: then for one hour encrease the keat of the Bath, and filter and keep it dpart : then pour on the remaining mass, a pint of fresh Spirit. and reiterate digestion and filtration: then draw off the Spirit in a Sand-bath with a moderate fire, till there only remains a third part: When the Vessels are cool, preserve the Elixir; and when it is to be used, mix it with a third or fourth part of the volatile Spirit of Harts-horn. This Elixir is now wonderfully in use, and highly esteemed in all Diseases that proceed from Corruption of Humours, but chiefly used in the cure of the Scurvy; for it purifies the Blood, and quickens the motion of its Circulation. may be taken in Wine, or some other Liquors, from feven or eight to fifteen or twenty drops.

Apoplery: To cure this violent and dangerous Di-

stemper,

fremper, Take two quarts of the Spirit of Wine, infuse in it a pound of Masterwort. Caftor, and Cloves, of each half an ounce; being bruifed a little, add to them two handfuls of ordinary Lavender and Sage-flowers, fleep them in an earthen pot well glazed, flop it very close, and fet it in a Sand-hear, or other warm place, four or five days, often shaking it: then take nine drams of Camphire dissolved in half a pint of Sack, and put it in, fetting it in a cool place, and then filter it through brown Paper: and when the Distemper approaches, which is known by a shooting Pain in the Head, a swimming Dizziness of the Eyes, &c. Then give a full spoonful of it in a glass of Wine or fair Water. Rub the Forehead and Temples with it till it dries in, and it gives speedy ease: And constantly give it a full spoonful at a time, first in the Morning, and last at Night; and let the Patient purge the Head therewith every other morning, or evening, by snuffing a little of it up the Nostrils Several times.

Take distilled Oil of Cinnamon, Cloves, Lavender,
Lemons, Marjoram, Mint,
Rue, Rosemary, Sage, Rhodium, Wormwood, of each
fix drops: Bitumen Judaicum
in fine Pouder two drams, Oil
of Nutmegs by expression

one ounce, Balfamum Pernanum one ounce; with this mix and make a Balfom. This Apoplectick Balfom is used by Smelling to; it comforts the Head, discusses cold Humours, and is excellent for the Headach: It prevails against Apoplexies, Swoonings and Palsies, being put into the Nostrils, or otherwise applied.

Bruise four pound of Black Cherries, Roots of Valerian, and Shavings of Harts-horn, of each three ounces; Cloves and Mace beaten fine and sifted, of each half an ounce, Saffrou two drams, Flowers of Lillies of the Valley, and Lavender, of each three handfuls: min them well together by bruising and shredding, and macerate them in good Brandy a gallon, 48 hours, in a warm Balneo Maria, and decant the Tintiure.

This Tincture eases Apoplectick Pains, Palsie, and other Distempers in the Head and Brain, arising from Cold, being taken at seasonable times, from half an ounce to an ounce.

Apoplectick-Clater: Take of the Lilies of the Valley, Rosemary, Lawender, Sage, Primeroses, of each three handfuls; the Tellow of Orange, Lemon and Citron Peels, of each 3 ounces, Nutmegs 2 ounces, Zodoary, Cubebs, Winters Cinnamon, all in gross Pouder, of each 1 ounce, Clowes half an ounce; let them macerate eight days in the Sun,

or in a Stove, in restified Spirits of Wine and Orange-flowerwater, of each two quarts; then distill them in a Sand-heat, and preserve this excellent Water for your ule.

It fortifies the Brain and noble Parts, being taken from half to a whole spoonful. It is fuccessful, as well to prevent as to cure the Apoplexy, and all other violent Difeases

of the Brain.

Appetite to Reftore: Take Wood or Garden-forrel a handful, boil it in a pint of Whitewine-vinegar, till it becomes very tender; then ftrain it out, fweeten it with two ounces of Sugar, and boil it to a Syrup, and take a quarter of an ounce at any time when you find your Appetite fail you.

Or thus; Take dried Wormwood 3 ounces, grind it with Salt of Tartar one ounce in a hot Mortar, rectified Spirit of Wine 12 ounces: mix and digeft twenty or thirty days, then decant the clean Tincture. 10 or 20 drops in a glass of Ale or Wine. It will restore the Tone of the Stomach, comfort and warm it, and cause a brisk Ap-

ret-wine, a few flices of Gin-

ger, Lemon-peel scraped, as

petite. apple-Cream : Take ten or twelve Pippins when pret-

ty ripe, pare them, take out the Cores, and flice them thin, cut them in quarters, and put them into a Pipkin with Cla-

also some white Sugar, let'em boil up together till they are very foft, then take them off the fire, and put them into a Dish, and when they are pretty cool, take a quart of new Cream boiled with a little Nutmeg, and put in of the Apple fluff to make it of what thickness you please, and fo with a little fprinkling of Sugar and Rose-water serve it up as a most acceptable Ban-

quetting.

Apple Canlep : To make this, Pare your Apples thin, cut them in round flices, fry them in fweet Butter, beat ten Eggs in a pint of Cream. add Cinnamon, Nutmeg and Ginger, of each a dram, well beaten or grated Sugar three ounces, Rofe-water two ounces, these being well beaten together, pour on the Butter. fry them moderately, and dust them over with Sugar and a iprinkling of Rose-water, and ferve them up.

Apples, a Purging Syrup: Take Juice of the best Pippins. or Pearmains, 2 quarts; choice Alexandrian Senna 3 ounces, Cream of Tartar one ounce; infuse in a gentle heat for two bours, then give it two or three walms, and strain out without pressing: to this strained Liquor put white Sugar 5 pounds, dif-Solve the Sugar, and keep it for ufe. Dose 6, 8, or 10 /poonfuls in a morning fasting, according to age and strength.

This Syrup is held to be a

very

very gentle Purge for melancholy People, and very fafe and easie.

Apple = Florentines, to Fry: Take about a dozen Pippins, pare them, cut them and almost cover them with Water, and almost a pound of Sugar, let them boil on a gentle fire, close covered, with a stick of Cinnamon, minced Orange-peel, a little Dill-seed beaten, Rose-water: when this is cold and stiff, make it into a little Pasty with rich Paste, and fry it.

Take Apples, pare them, and flice them thin; put to a pound of Apples a quarter of a pound of Sugar, two pennyworth of Cochaneal finely beaten, a flick of Cinnamon, mix it with your Apples, and put it into your Paste, and bake it, and then put in Butter, and Rose-water.

Apples, to Stew : Pare them, and cut them into flices, put them into a Pipkin with Claret-wine, and Water alike, as much as will near reach to the top of the Apples; boil or flew them gently till they grow tender, which may be in two hours. then put in some sticks of Cinnamon bruised, and a few Cloves when they are almost done, and fweeten them with Sugar; break the Apples to pap by ftirring them : when you are ready to take them off, put in good ftore of fresh-! Butter, and shir them well together: stew these between two Dishes. Hartman.

a delicious Fruit to the Taste, and much more wholsom than the Peach; but above all, from the Kernels of them an excellent Oil is extracted by expression; which being mix'd with two parts of Oil of Amber, is excellent for Hemorrhoids, Pains in the Ears; Swellings and Inflammations.

Apricock = Cakes : make this, Take the largest and fmoothest Fruit, parboil them in Spring-water till they become very tender : then pressing out the Pulp, put to it an equal weight of Sugar : fet them over a gentle fire, and keep them continually ftirring, and when you can fee the bottom of the Skillet or Pan, they are enough: then put the Pulp and Sugar into Cards fewed round, and dust them over with fifted Sugar, and letting them stand two or three days, turn them; then if they be candy'd, take them out of the Cards, and dust them with Sugar again; and fo often turning them, let 'em dry for your ule in a gentle heat.

Approaches to Candy: Take the Apricocks, pare them very thin, and firew fine Sugar lightly on them; then lay them on a broad pewter Diff, and so put them into an Oven as hot as usually heated for

Manshet,

Manchet, and as the Liquor comes from them, pour it forth and turn them: ftrew more Sugar, and fprinkle them with Rose-Water, turn and sugar them till near dry, then lay them on a Lettice-Wyre till they are dryed, which you may do in an Oven after the drawing, and by this means they will keep all the Year.

Apricocks to dry: In the first place, Take out the Stones, then weigh the remainder, and take the weight of them in double tefined Sugar, and make a Syrup with fo much Water as will wet them, and boil it up fo high that if a drop be drop'd on a clean Plate, it flip off, being cold : put in your Apricocks pared when the Syrup is heated, flir them about and turn them, and tye them up one by one in Tiffanies; then put them in again, and fet the Syrup over a quick fire, making it to boil as fast as it can, and fcum it well : and when they look clear, take them from the fire, then lay them on a Sieve to drain, and being well drained, take them out of the Tiffanies, and dry them in a Stove or the Sun in Glaffes, to keep off the duft.

Apricocks, scald them to a tenderness, and dry the pulp in a pewter or earthen Dish over a Chafing-dish of Coals, then for a day or two set it on a Stone, and beat it afterward in a ftone Mortar, adding as much fine Sugar as will make it a ftiff Past; then colour it with Saunders, Cochineel, or Indico, rowl them long, tye them into Knots, and so dry them for use.

Apricock-Daft : To make this, Pare your Fruit, and stone them; fet them between two Dishes on a Chasing-dish of Coals, till they are boiled very tender; let them cool, and lay them out on white Paper, take their weight of Sugar, and boil it to a Candy heighth, with as much fair Water and Rofe-Water, as will dissolve the Sugar; then put the Pulp into it, and let it boil till it be as thick as Marmalade, still keeping it flirring; then on a Pye-Plate falhion it into the shape of whole Apricocks; and to being dried, it will be very transparent, and eat more luicious and pleafant than Apricocks newly gathered from the Trees.

Take them when they are pretty well buttoned, yet fo tender that you may run a Needle through the Stones and all, without any difficulty; then put them into luke-warm Water to break them, and let them stand close covered in that Water till a thin Skin will come off with scraping, and all this wnile they will look yellow; then put them into another Preserving-Pan,

or Skillet of hot Water, and let them stand covered till they recover a curious green colour; then having equally weigh'd them with a like weight of Sugar, clarifie the Sugar with the White of an Egg, or some Water, and so preferve them for ufe,

If you would preferve them when ripe, you must take out the Stones; you need not at all boil them in Water, but with the Juice of some of them diffolve the Sugar, and flew them in it; then having a Syrup of Sugar boiled to a height, put them in it till they look clear, and fo fet them up close covered for

your use.

Maua-Coelestis: To make this, Take of Cinnamon one dram, Ginger half a dram, the three forts of Saunders, of each of them a quarter of an Ounce, Cubebs and Mace, of each of them a Dram; Cardamom the bigger and leffer, of each three drams; Setwell-Roots half an ounce, Fennel feeds, Anni-feeds, and Basil-seeds, of each two drams; Angelica-roots, Avens-roots, Thyme, Calamint, Liquorice, Calamus, Masterwork, Peniroyal, Mint, Mother of Thyme, and Marjoram, of each two drams; Red-Rose-seeds and Flowers, Bettony and Sage, of each a dram and half; Cloves, Nutmegs, and Gallingall, of each two Drams; the Flower of Stecha, Rosemary, Borrage,

and Bugloss, of each a Dram and half; Rind of Citron three Drams: Bruife thefe well together, and put to them the Species Cordiales, as also the Spices made with Pearl, of each three Drams: Infuse them in twelve pints of Aquavitæ, in a close stopt Glass fifteen Days, with often shaking; then distill them in an Alembick, and hang in the Spirit, two drams of Musk. and half a dram of Ambergreafe, tied up in a Rag.

This excellent Cordial fortifies the Heart against the Plague, and all peftilential Difeases, expels Poison, and heals Aches, Pains, and the

Cholick.

Aqua Diuretick, or Water provoking Urine: Take the Roots of Parfly, Eringoes, Rest-Harrow : Juniper-Berries, and Alkekengi, of each two ounces, Leaves of Parfly, and biting Arsmart, of each three handfuls , Pimpernel, creffes, and Elder-flawers, of each two handfuls, Daueus-Seed, Fennel and Parfley-feed, Onion-feed, of each three ounces, bruile and magerate them twenty four Hours in White-wine, add a quart of the Juice of Radisbes, with one pound of English Honey, Venice-Turpentine half a pound; distill them in a moderate Sand heat. adding to every part of the distilled Water dulcified Spirit of Salt, so much as to make it plea-Santly Sharp.

This is an exceeding pre-

valent

valent Water to strengthen the Heart, but is chiefly defigned for opening Obstructions in the Ureters and Bladder, and causing a free Passage for the Urine : You may fafely take it from one to three or four ounces.

Aqua Epidemica: This is the London Plague-Water. To make it, Take the Roots of Tormentil, Angelica the greater, Piony, Liquorice, Elecampane, of each half an ounce; the Leaves of Sage, the greater Celandine, Rue, the tops of Rosemary and Mugwort, Burnet, Dragons, Scabeous, Bawm, Carduus Benedictus, Bettony, the leffer Centaury, the Leaves and Flowers of Marigolds, of each a handful; shred, bruise and steep them four Days in a glass Alembick, and take from a quarter of an ounce to half an ounce at a time, it powerfully relifts the Plague, pestilential Fevers, and all infectious Diseases, reviving and cheering the Heart and Brain, and rarefying and fweetening the whole Mass of Blood.

Agua Lactis alexiteria : Take Carduus Benedictus, the Leaves of Meadow-fweet, and Goats-Rue, of each fix handfuls; Mint and common Wormwood, of each five handfuls; Angelica two handfuls, Rue three handfuls: bruife them very well, and put to them three Gallons of

the best new Milk; and suffering them to infuse for twelve Hours, distil them in

a cold Still.

This Water, though it be frequently used as a simple Water in making up Medicines, is nevertheless of fingular use it self, being a very gentle Alexipharmick, and may be given (to expel Malignity, and prevent Infection) with other things. It comforts the Heart and Stomach, and fweetens the Blood raken fingly; and so inoffensive it is, that you may take, four, five, or fix ounces at a time.

Zqua Mirabilis : make this, (according to Dr. Willoughby's Receipt) Take Galingale, Mace, Cloves, Cubebs, Ginger, Cardamoms; Nutmeg and Saffron, of each an equal quantity, in all four ounces; beat and bruise them well: Take of the Juice of Celandine half a pint, mingle them together with a quart of Aquavitæ and three pints of White-wine, put them in a glass Still, and let them infuse twelve Hours: then distil off the Water with a gentle fire under a Sand-Bath.

This Water diffolves the Swellings, and removes the Oppressions incident to the Lungs, helps and comforts them, being Wounded, nor fuffering the Blood to putrefie; and those that use it often, will have little cause to be blooded at any time, un-

less in cases of sudden or violent Bruises, or internal Bleed-

ing, oc.

Aqua Mirabilis another way: To make this, Take Cubebs, Cardamoms, Galingal, Mace, Cloves, Ginger, Rolemary-flowers, of each one dram; bruife them: then take a pint of the Juice of Celandine, the Tuices of Bawm and Spearmint, of each half a pint, Sugar a pound, Flowers of Cowflips, Borrage, Rofemary, Marigolds, and Bugless, of each two drams; Canary shree pints, firong Angelica-water one pint: bruife the Spices and Flowers well, and fleep them in the Sack and Juices the space of 24 Hours, and diftil them the next morning in a glasscill, laying Hearts-Pongue Leaves in the bottom of it.

This Water is an excellent Treferver of the Lungs, purifying the Blood, and removing the Defects of the Spleen; helps Digeffion, preferves a youthful Complexion, & continues a good colour in the Face.

Zoua Mirabitis a third way : Take Cinnamon the beft fort an ounce: Nutmegs and Citron-Peel, of each fix drams: Cloves, Galangal, Cubebs Mace, Cardamoms, Ginger of each two drams: bruife them all together, and let them infuse in White-wine, and Spirit of Wine, of each'a pint, distil them in a moderate Sand-Bath.

This is an excellent Cor-

dial taken from half an ounce to an ounce at a time : It fortifies the noble Parts, and re-

fills Poison, Or.

Aquabitæ: Is made of well brew'd Beer, that is strongly hop'd, and well fermented; but if it should not be fully rich of the Mault, they distill it as soon as it's well wrought, for fear it should flat, and then a great part of the Spirit is loft; but if it be very ftrong, you may keep it to what age you pleafe.

The way to distill it, is thus : Take a large Still, with a Serpentine Worm, fix'd in a great Hogshead with cold Water, to condense the Spirits: or for want of that, an Alimbeck; but at first, be not too hafty with the Fire, but by degrees, make all hot until the Spirit come; if the Still is large, the way I best approve for the receiving thefe Spirits. is to let it run through a Funnel into a Hogs-head, that is placed on the Ground for that purpole, and you are to diffil it as long as any goodness will come, which may be known thus; The Tafte will be like an unfavory Water, when all the Spirit is off: this Spirit is called Low Wine, which let fland 6 or 7 days, and then diffil it a fecond time, which is called Rectification, in which it may be brought into Proof Spirit or aritificial Brandy, which you pleafe:now this you may know, when the Spirits are off the fecond

cond time, by throwing some of it into the Fire, if it burns, it is good, but if it puts forth the Fire, the Operation is at an End. These Low Wines and Spirits are proper for making most sorts of Waters, as will be seen in the Application thereof. Now if you rectifie a third time in Balneo, 'twill be the better freed from its Flegm and a true Aquavita is made.

Aquabitæ Begia, the Royal Water: Take Lignum Aloes, Roots of Zedoary, Carline-Thiftle, and Valerian, of each an ounce, choice Citron-Peels, Orange and Limon Peels, Mace and Cinnamon, of each fix drams; Cloves, the leffer Cardamoms, and Fennelfeeds, of each half an ounce; Rosemary, Sage, and Marjoram in the flower, of each two handfuls : bruise what requires it, and put them into a Matras with the Spirit of Wine and Malmfey, of each two quarts; stop the Vessel close, and let them infuse over a gentle fire for the space of three days: then diffill them, and diffolve in the diffilled Water, Musk and Ambergreafe, of each a dram and a half, and keep it for use in a close Vessel, or rather in glass Bottles.

This Water fortifies the Brain, Head and Stomach, and all the noble Parts, when enfeebled by the diffipation of the Spirits, or over-pressed by the ill Qualities or abundance

of bad Humours. It is to be taken fasting in a Morning from one dram to half an Ounce, mixed with proper Liquors, as Bawm-water and Mint-water.

Breanum Corallinum:
Put red Precipitate into an earthen Vessel well glazed, pour on it Spirit of Nitre well rectified, repeating it two or three times: then wash it in warm fair Water tillit is smeet, dry it, and put thereto rectified Spirit of Wine, so much as may over-top it an Inch, then set sire to it, and when the Spirit is consumed, add more: do this six times.

This is excellent for Purging, and fometimes procures Vomiting, opening Obstructions, and dissolving scirrhous tumours, and mainly contributes to the Cure of the French Disease, The Dose is from two to three Grains.

3rfmart: The common fort of this is hot and dry, chiefly used in outward Wounds and Swellings. A Decoction of it is good to wash old Sores. The Water helps the Gravel in the Kidneys or Bladder; the Root or Seed put into an hollow Tooth cures the Tooth-ach.

Breety-Butt: There is no better thing for an Artery prick'd or wounded, then to apply thereto Balfam de Chili upon Lint, and lay over it a Diapalma Emplaster: it commonly cures at one dressing.

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* Artichoaks to Bake, or a Pye: Boil them first in fair Water, and so soon as you can separate the bottoms from the Leaves without breaking, lay them in a Dish, and feafon them with Nutmeg, Pepper and Cinamon, very lightly, having layed a Sheet of Past under them with some bits of Butter; then lay on Potatoes fliced round the Diff, also some Eringo-Roots and Dates, Beef-Marrow, Raisons and Currans, large Mace, fliced Lemon and more Butter; close it up with another Sheet of Past, and being baked, liquor it with Grape-juice or Verjuice, Butter and Sugar beat up together, ice it with Sugar and Rofe-water, and fo ferve it up.

Artichoaks to Diels : The best way is to boil them in a Beef-pot, and when they are tender fodden, take off the tops only, leaving the bottoms with fome round about them; and then put them into a Dish, putting some fair Water to them, and two or three spoonfuls of Sack, and a spoonful of Sugar, stew them on a Chafing-dish of Coals. take the Liquor then from them, and make ready fome Cream with the Yelks of two Eggs, two ounces of Marrow, and as much Iweet Butter as will ferve 'em up.

Artichoans to fay: Take the bottoms of Artichoaks senderly boiled, and dip them in beaten Eggs, and a little Salt, and fry them with a little Mace shred among the Eggs, then take Verjuice Butter and Sugar, and the Juice of an Orange; Dish your Artichoaks, and lay on Marrow fryed in Eggs to keep it whole, then lay your Sauce, or rather pour it on, and serve them in.

Take your Artichoaks not too ripe, for then they will be full of strings, pare them round to the bottom, and boil them tender, take them up and fet them a cooling, then take White-wine and Stale-Beer, with good store of whole Pepper, so put them into a Barrel with a little Salt, keep them close, and they will serve for Bak'd and Boil'd Meats all the Year.

Articheaks Dtemed : Having first boiled the Artichoaks, take off the Leaves and the Choak, cut the bottoms into quarters, fplit them in the middle, put them into a flat Stewing-pan, put under them Toasts of Bread, and the Marrow of two Bones, five or fix Blades of large Mace, half a pound of preserved Plumbs, with two ounces of Sugar; and fuffer them to flew together the space of two Hours; then put them into a Dish with Sippits, garnished with Barberries, and fo ferve them up, and they will make a delicate and

much

much approved Dish.

3th, or 3th-Tree: The Seed of the Ash-Keys dryed, powdered, and drank in Whitewine, provokes Urine. The Juice of the Leaves drank confrantly in drink, prevents Fatness, and reduces those that are fo. The Bark and Wood dry and attenuate, and are supposed to fosten the hardness of the Spleen by a specifick Quality. The Juice of Afh-Leaves drank, and the beaten Leaves outwardly applied, avail much against the biting of any venemous Creature, and stench Blood. The Juice, with Honey, is good for internal Bruises. The Leaves and tender Twigs boiled in your usual drink, is good against the Dropsie: though the Seeds powdered and taken in Wine, in the Opinion of others, are more powerful. The Salt of Ash provokes Urine.

Alparagus, or Sperage : The prickly fort of this, which in many Places grows wild, being boiled in Whitewine provokes Urine, is good against the Strangury or diffulty in making Water, expels Gravel in the Kidneys or Bladder, eases Pains in the Reins; and boiled in Wing-Vinegar, closes the Arteries, and eafes the Pains of the Hip-Gout, or Sciatica: The Decoction of the Root boiled, and drank, is good to clear the fight, and being held in

the Mouth, eases the Pains in the Teeth.

Take White-Port Wine half a pint, Spirit of Harts-horn 30 drops, Volatile Salt of Hogs -Blood or Bullocks Blood 10 grains: mix them; it gives relief in half an hour.

Aftringent Douber: Take Bole-Armoniack, and Terrafigillata, of each two ounces; Pomgranat-Flowers, Red-Rofes and Dragons-feeds, of Sumach and Whortle-Berries, Frankincense and Mastick, of each two ounces: make all these into a fine Pouder.

This Pouder taken in Wine, or some Decoction, from a scruple to a dram, in losses of Blood, weakness of the Stomach and Intestines, is singular good: It may likewise be applied outwardly, incorporated with Whites of Eggs, Vinegar, or some Astringent Water or Decoction, like a Cataplasm, to stop desluxions and loss of Blood, and to strengthen or close the Parts.

This is much more powerful, and stops Bleeding in any part upon the spot, especially any inward Bleeding, as also the over-stowing of the Terms, bleeding as Nose, &c. and also stops any slux of the Belly: Take Japan Earth one ounce; Pomgranate-Peels, Henbane-seeds, of each half an ounce; Mastick, Olibanum, Dragon's-Blood, Terra Sigilata, of each 2 drams: each being in sine Pouder mix them a dose 1 dram, or dram and half

This Herb is Afringent in some degrees, it
frengthens and discusses, being cephalick and cordial, and
resists Poisons; though it is
mostly appropriated to the
Cure of Catarrahs, and for
quickening the Blood when
thick or coagulated. Wine,
wherein the Roots have been
steeped, hath a fine pleasant
tast and smell: It cheers the
Heart and opens Obstructive

ons. The Root infused in Beer, is excellent in strengthning the Joints, and Bowels. Two ounces of the Root, or a handful of the Herb boiled in Water or Posset drink, to the quantity of a Quart, and consumed to a fourth part, has been used successfully in the Cure of Agues, more particularly the Tertians, by taking it two Hours, or thereabout, before the Fit comes.

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Ach Beated: To Remedy this, Take Whitewine a pint, Saccharum Saturni 6 dram; mix

and diffolve: and with this bathe the Back morning and evening; it never fails.

Back, a Dain in it: To remove this Pain, Take Oil-Olive eight ounces, Sheeps sure 4 sunces, Oil of Amber 2 ounces; mix them, and therewith anoint well morning and evening for 3 or 4 days, it cures it.

Back Maiting: Take Isinglass, cut it into bits, and dissolve it in Water by boiling, then strain, and add to it an equal quantity of Milk, and to every fint thereof, half a pint of Jelly of Hartsborn; I weeten all with double refined Sugar, and let the Patient thereof three quarters of a

pint, or a pint, in the morning for Breakfast, and last at Night going to Bed.

Back Weak : To ftrengthen the Back, if it be overstrained, or troubled with Pains or Aches, Take the Yolk of a new-lay'd Egg, put to it a quarter of a pint of Muscadel, or Alicant, and being well warmed, grate in some Nutmeg, and drink it hot twice a day. Or the Patient may take the former Jelly of Isinglas, a pint in the morning Fasting; and at night going to Bed, 1, 2, or 3 grains of our Volatile Laudanum, or Specifick Laudanum. which continu'd for some time will not fail to Cure.

Another: Take of the Pith or Marrow of a Black Ox's Back-Bone three ounces, Dates froned stened and sliced two ounces; boil them well together in a pint or more of Muscadin, and take from 3 to 6 speonfuls morning and evening, and you'll find it exceedingly strenthen the Back, especially

of old People.

Baton Froise: Take eight Eggs well beaten, a little Cream and a little Flower, beat them well together to be like other Batter; then fry very thin slices of Bacon, and pour some of this over; then fry it, and turn the other side, pour more upon that, so fry it, and serve it to Table.

Bacon = Bammon to Bake with the Ingredients : Take a Westphalia-Gammon, boil him down, take off the Skin, feafon him with Pepper, and a little minced Sage, stick him with Lemon-peel on the upper fide; then having a Coffin of hot butter'd Past, (something high) put him in the middle thereof: take a dozen of Pigeons, and as many Lambstones and Sweetbreads of each, feafon them with Pepper, Salt, Cloves and Mace; lay your Pigeons round about the Gammon, and your Lambstones and Sweetbreads round on the top of it; lay over it large Mace, a few Sweet Herbs minc'd, and put on Butter all over, the Gammon being tenderly boil'd before, will be fully baked with the Pigeons and Sweetbreads: close up your Pye, and let it have a gentle

foaking, your Crust need not be very thick for fo much baking as your Ingredients will ask; when he is enough, let your Lear be Claret-Wine . boiled up with two or three Onions, a Faggot of Sweet Herbs, with half a handful of Sage boiled and minced, a little ftrong Broth, and drawn Butter, thickned up with the Yolk of an Egg: when you dish up your Pye, cut it open, pour in your Lear, and shake it about; put on your Lid again, and ferve it.

Bailam Brifficial: The following Balfam is very excellent for any Wounds, Burns, Scalds, old Sores, Botches,

Scabe, &c.

Take Oil-Olive a quart, Sheeps-Just, Bees-wax, Strasbourg Turpentine, of each 2 pounds, Gum Elemi I pound, Balfam Copivi balf a pound, Liquid Storax, Balfam de Chili, of each 4 ounces; Chymical Oils of Carraways, Fennel, and Lemons, of each one ounce; Oil of Aniseeds, of each an ounce: melt, mix and make a Balsam. It heals all forts of Wounds at one Intention, if not of too great a magnitude, yes even Wounds of the Nerves: and all manner of Pains and Aches in any Part being anointed thereon, and applied with Lint, and bound on; it sures the Gout in Hands or Feet to wonder.

This Balfam likewise cures the Head-ach, only by anointing the Nostrils therewith; also

it is exceeding good in the Wind-Colick, or Stitches in the Side, being warmly applied to the Side or Belly, an ounce at a time, for four morn-

ings.

Balfam: That called Lu= catello's, fo highly in efteem for its Virtues, is made after this manner : Olive-Oil three pints. Venice-Turpentine one pound, yellow Wax one pound, natural Balfam two ounces; red Saunders in Pouder, and Oil of St. John's wort, of each two ounces; Canary half a pint : wash the Turpentine three times in Rose-water, then flice the Wax thin, and place it on the Fire, and being thinly melted, put in the Turpentine, incorporate them well by flirring: then let it stand till the next Day; cut it in thick flices, and let all the Water drain out, and melt it again; put in the aforesaid Oils, Balfam, and Saunders, with the Sack; flir them well together again over a gentle Fire for the space of an hour, that it may become thick; and being cool, use it for Wounds with Gin-shot, Scalds with Lead, Sulphur, Blafting, Oc.

Balfam by Dr. Hartman, which cureth green Wounds and a Cut in 24 hours: Take Oil of St. John's-wort, Oil of Earthworms, Turpentine and Mastick, of each one ounce; mix and incorporate them over a gentle Fire, then put it up,

and keep it for use. Apply it warm with a little Lint.

Barberries : Thefe are cooling and aftringent, they provoke Appetite, are great strengtheners of the Stomach, which is the reason the Conferve is used so much in Fevers, Loofness and Bloody-Flux, for which it is very good: The inward Bark of the Branches and Root steeped in White-wine, are prevalent in the Cure of the Yellow-Jaundice : A Decoction of the Bark, the Juice of the Berries, or the Juice of the Leaves mixed with Vinegar, cure the Tooth-ach, occasioned by fluxion of Rheums. The Conferve is usually taken with fuccess in Inflammations of the Mouth and Throat : or more expeditiously, if the Mouth be gargled with some of the Conserve diffolved in Vinegar and Water.

Barberries to Dickle : Take the largest Bunches, steep them an Hour or two in warm Water and Salt, then boil up the Water with more Salt, having first taken the Barberries out: when the Liquor is cool, put in a few flices of Ginger, and a little lump of Alom, and then press the Barberries down with a Stone or Slate, cover them close, and keep them for Thus Medlars, Seryour use. vices, Grapes, and fuch-like Things, are pickled to keep

all the Year. Barberries to Dieferbe;

Take

Take the fairest Barberries when they are ripe, stone them, and to one pound of Barberries put two pound and a quarter of double refin'd Sugar; beat your Sugar fine, and lay your floned Barberries in a Dish, strow some Sugar on them, then take the rest of your Sugar, and make a high Syrup, with a little Water no more then to wet the Sugar; stamp and strain some other Barberries, take of the clear Juice and a quantity of Sugar to it; when you put in your Barberries into the Candy, at the same time put in the clear juice with the double weight of Sugar to the Juice: boil them as quick as you can, for they will foon lofe colour; a little time with quick boiling will do them.

Barberry- Tree, the Virtue: The inward Rind of this Tree boiled in White-wine, and every Morning a quarter of a pint of it drank, is very much approved for cleanfing the Body from cholerick Humours, and freeing it from fuch Diseases as Choler canfeth, viz. Scabs, Itch, Tetters, Ring-worms, Yellow Jaundice, Boils, and the like. It is also excellent for Agues and Burnings, scalding Heat of the Liver, and the Bloody-Flux. The Berries have the same Virtue.

Barly: This is a common Grain amongst us, and of great use in many Cases;

many of its Virtues are known but to a few. It is too well known to need a Description.

Its Virtues: The Meal of Barly boiled in Honey and Spring-Water, resolveth all Inflammations or Imposthumes; with Rosin, and Pigeons-Dung, it ripeneth all hard Swellings ; with Melilot and Poppy-feeds, it easeth Pains in the Sides; appliedPoultifewise pretty hot, and mixed with bruifed Quinces or Vinegar, it easeth the Inflammation of the Gout in the Legs or Feet: The Ashes of burnt Barly mixed with Olive-Oil, is very good for Burns or Scalds.

Barly = Broth: Take French Barly boiled in feveral Waters, and to a pound of it, put three quarts of Water boil them together a while with fome whole Spice, then put in as many Raifins of the Sun, and Currans as you think fit; when it is well boiled, put in Rose-Water, Butter and Sugar, and so eat it.

Barly-Posset: Boil half a pound of French Barly in three pints of Milk, boil it till it is enough, then put in a pint of Cream, some Mace and Cinnamon; sweeten it with fine Sugar, and when it is just warm, pour in a pint of White-wine, froth it up, and eat it with a Spoon; or press out the liquid part, and drink it.

Barly-Pottage: Take a pound

pound of hul'd or pearl'dBarly, cleanfe it well from Husks, put it into 2 quarts of Milk to fleep, and boil it a little; when it is pretty well boiled, put in a quart of Cream, an ounce of Salt, some Mace, a little Stick of Cinnamon broken in fmall pieces; and when it is thick enough, scrape some fine Sugar into it, and ferve it up.

Wafil (Garden) : This comforts the Heart, and expels Melancholy, moves the Courles, and cleanses the Lungs.

Take Juice of Bafil 2 pounds: Qil-Olive, Sheeps-Suet, of each a pound: boil till the watery part is confumed; then add Turpentine a pound: Gum Elemi balf a pound, Balfam Copivi 4 ownces, and mix them well; fo have you an excellent Balfam for all green Wounds, which if preat the fently applied, cures first application. It also eases Pains and Aches, and belps the Gout in any part: and is profitable for old Ulcers, though of long standing. If they be very much putrefied, you may add to it upon that occasion to every ounce of the balfam, a scruple or half a dram of fine Verdigrife.

There is another fort, called Wild Basil, which forces the Courses and the Birth, and removes Melancholy, being bruised and infused in Wine.

Waltings of Meats of Fowls: (1.) Clarified Suct. (2.) Fresh Butter. (3.) Minced Sweet-herbs, Butter und Claret-wine; and this last is | Tincture of it, Take Bdellium

excellent for-Mutton or Lamb. (4.) Water and Salt. (5.) and especially for a Flayed Pig. Cream and melted Butter well beaten up together. (6.) Yolks of Eggs, Juice of Oranges, and grated Bisket: And if this be intended for large Fowl, as Buffards, Peacocks, or Turkeys, you may use the fame.

Bath for the Legs : For Diseases in the Logs make this Bath, Take Sorrel and Fumitory, of each two handfuls, Nep one handful, Barly, Bran and Lupins, of each half a handful, and a like quantity of Violet and Mallow-Leaves: white and black Ellebor, of each an ounce, Honey two ounces, let them boil in a fufficient quantity of Water till the third part be confumed, and then bath the Legs with it very warm. It is good for Sores, Scabs, Borches, Boils, and Aches, and the Gout.

Bay= Tree : The Decoction of the Leaves, Bark and Berries of this Tree, makes an excellent Bath for the Difeafes of the Womb and Bladder: The Oil of Bayberries is very useful in cold Diseases of the Nerves and Joints: The Electuary is frequently used in Clyfters to expel Wind; it also eafes the Pains of the Colick : and in like manner does the Decoction of the Berries in Ale or any dulcified Liquor.

Butlium : To make the

in Pouder, one ounce, Spirit of Wine fixteen ounces, mix, digest, and extract a Tincture, which keep for use. This, as the Gum, eases the Colick, provokes Urine and the Terms, expels the Afterbirth, and is Traumatick and Vulnerary: The Dose is from one dram to a dram and a half.

A Balsam against a Fellon: Take Sheeps-Suet 4 ounces: Oil-Olive 2 ounces; Turpentine, Bdellium in fine Pouder of each one ounce, melt and mix them, and apply it, it draws, eases the Pains, heals, and perfects the Cure alone, without any other application.

Beans French ; See

French Weans.

Beef Blamode: To make the best way : Take of the Fillet of Beef and the lean of Pork, fired them together and feafon it; then take Bacon and cut it into big Lardons, rowl them in Pepper and Salt, and lay them between the Meat in the Stew-pan, and let it stew easily in its own Broth, and it will be exceeding fhort and tender; will tast like Venison. may also make an excellent Pye or Pasty of this; putting Butter upon it.

Beef to Collat: Take the Flank, and when you have taken out the Sinews, the more skinny part, and some of the Fat, put it into as much Water and Saft as will cover it; let it steep three Days, then

hang it to drain in the Air, and dry it with a Linnen-Cloth; Mince Tops of Sage, Rosemary, Marjoram, Savory, and Thyme shred small, get a quarter of an ounce of Mace, half a quarter of an ounce of Cloves, a slice or two of Ginger, half an ounce of Pepper, and some Salt, rowl them up in it, bind it up well, and put it into an Oven and bake it.

Beef-Dee: Take the Buttock of a Fat Ox, slice it thin, mince it small, and beat it in a Mortar to a Past, then lard it very well with Lard, and season it with beaten Spice, then make your Pye, and put it in with some Butter and Claret-Wine, and so bake it well, and serve it in cold with Mustard and Sugar, and garnish it with Bay-Leaves.

Weef to Souce: Take the Buttocks, Cheeks, and Briskets of Beef, feafon any of them four Days with Pepper and Salt, roul them up as even as you can; boil them in a Cloth ty'd fast about, in Water and Salt; and when it is pretty tender, put it into a Hoop-frame to fashion it round and upright; dry it in fome fmoaky Place, or in the Air, and cutting it out in Slices, ferve it up with Sugar and Mustard, observing before you dry it, to souce it in Water and Vinegar, and a little White-wine and Salt.

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Beet is hot and dry: It loosens the Belly, and the Juice snuffed up the Nostrils, occasions sneezing, and purges the Head: The Leaves boiled and eaten with Vinegar, create an Appetite: They extinguish Thirst, and suppress Choler in the Stomach. The Juice of this Herb snuffed up into the Nostrils, gives ease to an inveterate Head-ach.

The Juice of Beets is a good Errbine, and being for some time snuffed up the Nostrils, clears the Head of all manner of stufings, and brings away the Matter which is the Cause of Apoplexies: and if any one be seized with an Apoplexy, it is good to Syringe it up the Nostrils, and when the Fit is off, to use it Morning and Night, for 30 or forty Days, for by that means in a Partil Apoplaxy, the Morbistick Matter is fully brought away, and the Patient perfectly cured.

Benjamin: This is an o-doriferous, fragrant, and well scented yellow Rosin, or Gum, very much used among the Perfumers; it attenuates, and is pectoral, used chiefly inwardly against Catarrhs, Coughs, Colds, Ashma's, Obstructions of the Lungs: It purges the Brain by sneezing, and likewise fortifies the Heart, and resists maglignant Humours, being taken in Wine,

Benjamin Spirit: Put one Pound of Benjamin in a Cucurbit of glass, and distill it in Balneo Marie, or a Sand-Furnace, and there will first come over a clear Liquor, which will have the odoriferous Scent of Benjamin.

Benjamin , a Tincure: Take of Benjamin three ounces, Storax half an ounce, let them be poudered grofly, put them into a Matrass or Bottle. so that either of them may be but half filled, then pour on them rectified Spirit of Wine, stopping them close, and covering the Veffel with warm Horse-Dung; so let the Materials digest for fourteen Days, then filter the liquid part, and keep it close stopped in a glass Viol, and you may, if you please, add five or fix drops of Balfam of Peru, to give it the better Scent.

This wonderfully whitens the Face and Hands, and is an excellent Wash to take a-way Spots or any Deformities; but you must not put above a dram of it into four ounces of Water, which is sufficient to turn it to the whiteness of Milk, and then it is called by the Beautisiers, Lac Virginis, Virgins Milk.

Bezoartick-Ballam: Take distilled Oil of Rue, of Cirrons, and of Oranges, of Lavender, and Angelica, of each half a scruple; Oil of Amber rectified five drops, Camphire four grains, Oil of Nutmegs half an ounce: make these into a Balsom by bruising and well incorporating over a gentle Fire.

It is good in Pestilential Airs, and apoplectick Fits, or any disorder of the Brain.

Wery highly esteemed thing, and excellent against all forts of Poisons and Venoms; for it fortisies and defends the noble Parts, and expels the Malignity by Sweat, or by infensible Transpiration. The Dose taken in Sack, or some other Cordial-Wine or Water, is from a scruple to a dram.

Bezoar=Stone: The use of this is excellent in all perfilential Distempers, being a rare Cordial to fortisie and strengthen the Heart in any Plague or pestilential Fever: Take a scruple or more in a spoonful of Carduus, Bugloss or Borrage-Waters, and keep your self moderately warm Morning and Evening.

Our Bezoardick-Water, in our Phil. Medicinæ, cap. 2. Take Mithridate 6 pounds : Virginia Snake-Root, Contrayerva, Zedoary, of each 6 ounces : Cloves, Mace, Nutmegs, Cubebs, Cardamons, Caraways, Bayberries , Juniperberries , Gentian, Winters; Cinnamon, Jamaica-Pepper, Black Pepper, Ginger, of each three ounces : Saffron, Cocheneel, Limon-peels, Orangepeels (the yellow only) of each 2 ounces; Rosemary and Lavender-flowers, Angelica, Bawm, Mint, Peniroyal, Sage, Savory, Thyme, Sweet-Marjoram, of each three handfuls: Spirit of Wine three Gallons, bruise what are

to be bruised, and digest all together for 14 Days; then put thereto White - wine 4 Gallons; distil all in an Alembick with a Refrigeratory, and draw off three Gallons of pure Spirit, which ' reserve: then Change the Receiver, and draw off two Gallons more, which make into a Syrup with trebble refined Sugar, to which add the first distilled Spirit, Shake them well together. and let them stand till they are fine. It is good against Poyfon, Plague, spotted Fever, Small-Pox, Meafles, and all forts of Malign Fevers, cures Bitings of all forts of Serpents, and other Venomous Beafts : comforts the Head, Brain, Stomach, Nerves and Bowels, by warming them, ftrengthens the internal Faculties, causes a good Appetite to Food, and a strong digestion, eases the Colick, and helps fainting and fwoonding Fits, as also Sickness at Heart and Stomach, restoring the decays of Nature. It is a very great Cordial, good against Sadness and Dejection of Mind, revives all the Spirits, and makes merry a fad and drooping Heart. is good against Head - achs, Megrims, Vertigo's, Lethargies, Dulness, Drowsiness, Palfies, Apoplexies, &c. Dofe 2 Spoonfuls or more, now and then upon any Illness, or other occasion. It is good against Surfeits, Coughs, Colds, Catarrhs, &c.

25ifogl, or Twa-blade: This

This small Herb growing up from a Root that has something of a fweet Savour in it like Garden - Musk, is good, being bruifed or applied to green or old Wounds; and also for Ruptures, the Herb applied Poultisewise being when the Parts are well truffed up.

Bilberries : Thefe made into a Syrup, are cooling and astringent, allay the Heat of the Scomach, and quench

Thirft.

Wirch=Wark: It is bituminous, and therefore mixed with Perfumes, it renders a wholfom Air in fuch Places as it is burned. The Fungus. or Mushroom, of it has an astringent quality, so that it very strangely stops Bleeding. The Tree being pierced in the Spring before the Leaves come forth, yields a very wholfom and nourithing Liquor a gainst the Dropsie.

Wirch = Tree = Leabes : These are hot and dry, cleanfing and refolving, opening, and bitter, for which Cause they are much available in: Dropfies, and the Scurvy, and taking away the Scurf and Deformities from the Skin, and the decoction of them in Water or White wine is very good to wash old Sores or Breakings-out in any

Biros-foot : This is of a drying quality, and therefore used successfully in Drinks or

Part of the Body.

Potions to be given Wounds, as also to be applied outwardly. It also helpeth Ruptures, being taken in-

wardly.

Bisket : To make Bisket the best way, Take half a peck of Flower, four Eggs, half a pint of Yest, an ounce and a half of Annifeeds; make these into a Loaf with fweet Cream and cold Water; fafhion it somewhat long, and when it is baked, and a Day or two old, cut it into thin flices like Toasts, and strew them over with poudered Sugar, dry it in a warm Stove or Oven, and fugar ir again when dry; and fo do three or four times, and fo put them up for ule.

Bisket (Raples): See

Maples Bisket.

Bistozt the Greater : This is cooling and drying, the Root is harsh and astringent, being mostly used to stay Vomittings, and to prevent Abortion, or. The Pouder of the Root mixed with Conferve of Roses, prevents spitting of Blood, as also the Bloody-Flux: It stops the immoderate Courses, and the Pouder sprinkled on fresh Wounds. Stavs Bleeding.

Take of the Roots of Bifort and Tormentil, of each an ounce; of the Leaves of Burnet, Wood - forrel, and Meadowsweet, of each a handful; burnt Harts-horn an ounce: boil them in three

pints

pints of Spring-water to the Consumption of a third part; then add three ounces of Red Roses, strain the liquid part, and take six spoonfuls a Day if you see convenient.

For Spitting Blood, or inward Bleeding, Take Biftort in fine pouder, Catechu in pouder, Jesuits Bark in pouder, Henbane-seeds bruised, of each 2 ounces; choice goodBrandy a quart, mix, digest ten or twelve days, shaking it once or twice every day; then let it stand and settle 2 days, after which pour off the clear Tineture for use. Dose one spoonful, and upon extremity two spoonfuls, Morning and Night, in a Glass of Ale, or Alicant Wine.

Bistopt-Mater: It is excellent in making the white Potion for a Gonorrhaes, and the Whites in Women: The fresh Root made into a Cataplasm, eases the Pain in the Gout. The Herb is cold, dry and astringent, stays fluxes in the Bowels, also Vomitting, and brings a disordered Body into a good Temper and Habit.

The White Potion is thus made: Take Strasbourgh - Turpentine two ounces; Tolks of three newlaid Eggs; mix them together by grinding in a Mortar, then take New Milk three quarts, sweeten it with fine white Sugar three quarters of a pound; the Sugar being disolved, mix the Milk with Turpentine and Eggs, and it is done: This cures the Running of the Reins, (after due purging) by taking half a pine of it every

Morning, Noon and Night for fome few days.

Biting by a Snake, Adder or Mad Dog: Take Scordium, Angelica, Rue, Centaury the Lefs, of each a pugil; Butter-Burr half a pugil; Root of Elecampane half an ounce; a Clove or two of Garlick: beat all well together, and squeeze out the Juice, to which add Mithridate a dram and half: mix, disolve, and drink it up for a Dose, which repeat Morning and Evening for a Week, if it be the biting of a Mad Dog.

Black-Biro: If she be thick and hard in the Vent, then she is Fat; and if Limber-footed, then new kill'd; but if thin in the Vent, and dry, then she is both Stale and Poor.

Black = Duddings: To make these the best, and far exceeding the common way, Boil the Umbles of a Hog tender. take some of the Lights with the Heart, and all the Flesh about them, taking out the Sinews, and mincing the reft very small; do the like by the Liver: add grated Nutmeg. four or five Yolks of Eggs, a pint of fweet Cream, a quarter of a pint of Canary, Sugar, Cloves, Mace and Cinnamon finely poudered, a few Carraway-feeds, and a little Rofewater, a pretty quantity of Hogs-fat, and some Salt: roul it up about two Hours before you put it into the Guts, and then put it into them after you have rinfed them in Refewater.

Miamanger to Make: Take a Capon, either boiled or roafted, and mince it fmall; then blanch a pound of Almonds, and best them finely till they become a Past; beat the minced Capon among it with fome Rose-water, mingle it with Cream, and ten Whites of Eggs, and grated Manchet: then strain all the foresaid things with Salt, Sugar, and a little Musk, boil them in a clean Pan or broad Skillet to the thickness of Pap; stir it continually in the boiling, and being boiled, strain it again, and ferve it according to what form or fashion you please.

To make your Past into quaint devices, Take a quart of fine Flower, a quarter of a pound of Butter, and the Yolks of four Eggs; boil your Butter in fair Water, and put the Yolks of eight Eggs on one fide of your Dish, and make up your Past quick and staff,

but not too dry.

Take half a pound of fine fearfed Rice-flower, put to it a quart of Morning-Milk, fet a broad Skillet, and strain them into ir. fet it on a gentle Fire, and stir it with a slice; and when it is a little thick, take it from the Fire, and put in a quarter of a pint of Rosewater; set it to the Fire again and stir it well, and in stirring, beat it to the sides of the Skillet, and when it becomes as thick as Pap, take it off, and put it

into a fair Dish; and when it is cold, lay three slices in a Dish, and scrape on Sugar.

BL

Bliffers to Draw: If any would draw a Blifter well and effectually, there is nothing like the Emplastrum Epispasticum, or Blistring Plaister of the Shops. which is made of Melilot Plaister 2 ounces; Turpentine I ounce : Burgandy-pitch with 3 drams, mixed together, to which is added one ounce of Ponder of Cantharides, the Heads, Legs and Wings being cast away: You may apply it at Night going toBed, and let it lie .12 or 14 Hours, according to the nature of the Part it is applied to, for in lome fleshy places the Blifter will rise in some Hours less time than it will in others less flesby. In drawing of Blifters with Cantharides, some tender Bodies are apt to have a piffing of Blood withal, at least a wehement heat and scalding of the Urine, and great sharpnels and pain in making Water: The only Remedy for this Inconveniency, is to drink largely and plentifully of Barly Milk, made of bull'd Barly boiled in Water (cafting the first Water away) adding to it when boil'd a double or trebble quantity of Milk.

as a boiled Sallad, loosens the Belly, cools Heats of the Stomach and Bowels: The Juice, which may be taken to four ounces, provokes gentle Vomits. A Syrup made of the Juice is very cooling, and allays the Heat of the Blood, alfo of the Liver and Spleen,

abates the Heat of violent burning Fevers, and a Saline Tineture of it opens Obstructions, cools the Reips and Bladder, provoking Urine.

251000 extravalated: Grate or rasp the Roots of well grown Burdocks into a fine Pouder, spread it on a Linnen Cloath, bind it quite round the affected Part, and renew

it twice a Day.

2Blood-Spitting : This is beyoud all. Take Catechu in fine Pouder 2 ounces; good Brandy a pint, or better : mix them, and in 24 Hours you will have a deep Tineture, of the clear of which you may give the Patient a large spoonful at a time in a glass of Ale, or Red Wine every Morning fasting, an Hour before Dinner, and at Four in the Afternoon; and at Night going to Bed, let them also take 2 or 3 grains of my Volatile Laudanum, if the Bleeding is much, or very extream.

Wilood to Stanch: Take Hungarian Vitriol and Alom, of each half a pound, Phlegm of Vitriol ten pounds, boilthem till the Vitriol and Alom are diffolv'd; and being cold, filter them through a brown Paper; and if any Crystals shoot, separate the Liquor from them, adding to each pound an ounce of Oil of Vitriol: Dip a Cloth into this Liquor, and apply it to the Part

affected.

Blood to Smeeten : Take

Coral an ounce, reduce it (by grinding it very well on a Stone or Porphyry) to an impalpable Pouder: Take a dram at a time of this Magistery made without Acids, as long as you find you've occasion.

This Pouder being taken, de-Groys all Preternatural Acidities of the Humors, which cause the Scurvy, Dropfie, Gout and Scabbinefs; befides, it cures beart Burn-

ings upon the Spot.

Blem=2Bottles : The diftilled Water of the Flowers give help in theInflammations of the Eyes, and in drying up and healing putrid Ulcers: The Pouder of the Flowers taken inwardly, are very effectual in the Jaundice.

If you would have this Water keep without growing musty, or having a mother upon it; you must put to every quart of it fix ounces of good Brandy; and notwithstanding the Spirit; it will do yet more good in an Inflammation of the Eyes.

2500p=bound: To remedy Costiveness, boil in a large Porringer about a handful of the Leaves of Common Mallows, and let the Party fup them up

before Meals.

For a Costive Body there are but few Medicines, equal to Sal Mirabile, which may be given from half an ounce to an ounce, diffolw'd in a Glass of Warm Water: It works gently, and without griping. Or you may at Bed. time take 10 grains of our Caof the best and clearest Red I thartick Laudanum, is loofens the

he Body, and gives a Stool or two, fometimes more the next

day in the Afternoon.

Bole Armoniach: To prepare this, you need no more then moisten it with Maydew, or any other Dew not too gross, and dry it in the shade.

Rain-Water will do as well, and then you may give it from a Struple to half a Dram, against Heart-burnings, and Vehement

Pains of the Stomach.

Morage: This is one of the four Cordial-Flowers, it comforts the Heart, cheers Melancholy, revives the fainting Spirits, and purifies the Blood: The Water of it is good for Inflammations of the Eyes, and for Fevers; and the like virtue has the Conferve made of the Flowers: The Conferve of the Flowers mixed with Wine, opens Ob-Aructions in the Female Sex.

Wore Baken : This is usually meant of the Parts of a wild Bore, though it will indifferently ferve for any: Take the Leg, feason it very well, and then lard it with Lard feafoned with Nutmeg, Pepper, and beaten Ginger; lay it, the Bones' being taken out, in a Pye with fine, but strong thick Crust; then sprinkle it over with the foremention'd Spices and Salt, putting a few whole Cloves and Bay-Leaves on it, with large flices of Lard, and store of Butter: and being baked, liquor it with

fweet Butter, and stop up the vent; and if you would have it keep long, bake it in an earthen Pan, and filling it up with Butter, it will, if it be not set in a very moist place, keep a whole Year; or before you put the Flesh into the Pye, you may lay it in soak two Days, then parboil it, and bake it in all Points seasoned as before.

More Leaves: Dry them and pouder them; then take from one dram to one and a half: They purge gently; fo does the Decection of an ounce and a half of them in Whey, or some such like Liquid.

Bramble = Berries, or, Black=Berries: The Berries not quite ripe, are very astringent: A Decoction of them, heals fore Mouths, and allays the Heat of Fevers.

After a due Cleansing, this Decoction is good to stop Fluxes of all kinds: but you must give it thus, Take of this Decoction half a pint; of good Brandy two ounces: mix it for a draught to be given 3 or 4 times a day.

Brainn Broiled; Cut a Collar of Brawn into slices, and lay it on a Plate in an Oven; and when it is broiled enough, serve it up with the Juice of Oranges, Pepper, Gravy, and beaten Butter.

Water of a Dig: Let not your Pig be any way sported, yet pretty large and fat, and being scalded, draw and bone it whole, only the Head being

cut

cut off; then cut it into two Collars overthwart both the fides, and being washed, foak them in Water and Salt two Hours; then dry them with a clean Cloath, and feafon the infide with minced Lemonpeel and Salt; roul them up even at both ends, and pur them into a clean Cloath, bind them about very tite, and when the Water is boiling, put them in, adding a little Salt, keeping the Pot clean fcummed, and when they are fufficiently boiled, hoop them, and keep them in an even Frame; and being cold, put them into a fouced Drink made of Whey and Salt, or Oatmeal boiled and strained, and then put them into fuch a Vessel as you can conveniently stop up from the Air,

Braton to Souce: Take a fat Brawn about three Years old, and bone the Sides, cut the Head close to the Roots of the Ears, and cut fine Collars of a fide Bone, and hinder Legs, an inch deeper in the Belly than on the Back, bind them up equally at both ends, foak them in fair Water and Salt a Night and a Day, put them into boiling Water, keeping the Pot continually fcum'd; and after the first quick boiling, let them boil leifurely, putting in Water as it boils away, and fo lessening the Fire by degrees, let them fland over it a whole Night, then being between hot and cold, take

them off into Moulds of deep Hoops, bind them about with Packthread, and when they are cold, put them into Soucedrink made of Oatmeal ground or beaten, and Bran boiled in fair Water; being cold, strain it through a Sieve, and putting Salt and Vinegar to it, close up the Vessel tite, and so keep it for your use.

If you would have this Pickle to continue good, and preserve your Brawn through the whole Year, you must put Spirit of Wine, or choice Brandy to it, a quart to every three quarts or gallon of Souce-drink: I have proved it, and it does admirably, nor will the Brawn tast at all of the Brandy: It is a Secret in all sorts of Souce-Drinks and Pickles,

worth knowing.

25zead, the French way : Take four pound of Wheatflower very fine, a pint of new Ale-Yest, beat the Whites of fix new-lay'd-Eggs, mingle them together, adding three spoonfuls of Salt finely beaten, then fo much Milk and fair Water, an equal quantity, as will make it into a Dough, fo that it may be pretty stiff: and having worked it well that it becomes of an even mixture in all Parts, cover it with a wooden Tray pretty warm, and when the Oven is prepared for receiving it, make it into Rouls, or as you pleafe, and when it rifes and begins to look brownish, take ic out, chip off the Crust

whilst it is pretty hot.

Bream Dtemet: Scald, and Wash him well, preserve his Blood, in which you must Stew him, by adding thereto Claret. Two flices of Raced Ginger, the Pulp of three quarters of a pound of Prunes, boiled and strained into the Broth ;. Vinegar, Salt, and an Anchovie or two; some sweet Herbs with Horse - Raddish-Root, stamped and strained: Let not your Fish have more Liquor then will just cover it; being enough, take some Butter, with a little Vinegar, in which the Bream was stewed, beat them up together, then dish up your Fish, pouring the Butter thereon, and garnish your Dish with Barberries, Oranges, and Lemons.

Breading Meats or Fowls: These being divers ways to be done, it is necessary they should be here set down in order to prevent their being frequently mixed, and not readily found upon occasion. (1.) Flower mixed with grated Bread. (2.) Sweet-Herbs dried and powdered, mixed with grated Bread. (3.) Lemon-peel daved, fo that it may be beaten into Powder, or Orange-peel scraped very fmall, and mixed with grated Bread and Flower. (4) Sugar finely beaten and mixed with Cinnamon, grated Bread, and fine Flower. (5.) Coriander-feeds, Fennel-feeds, Cinnamon and Sugar finely beaten and mixed with Flower.

(6.) For young Pigs, beaten Yolks of Eggs, beaten Pepper. Nutmeg, and Ginger mixed with grated Bread, and a little fine Sugar. (7.) Sugar, Bread and Salt only mixed. This is generally known by the Name of Dredging or feattering over the Fowl, or Meat, whilft roaffing, to keep it up to a good colour, and fecure the Gravy from too much evaporating by the Heat of the Fire, or running out into the Dripping-Pan.

Breat Pained: This is either occasioned by the emptiness of the Veins, or a pricking caused by virulent Humours: To remove this grief, take a piece of Flannel of a deep blue Colour; so often dipt in the Dye, till it looks as if it were black; anoint the Breast with this mixtute, Take Oil-Olive, Sheeps-suet, of each four ounces; Oils of Amber, of Annifeeds, of Rosemary and Juniper-Berries, of each one oance: mix them, and anoint therewith.

Breatt afflicted with Cold: Take Oil - Olive, Sheeps-fuet, of each half a pound; melt them together, and add thereto Saccharum Saturni fix bunces, mix them and dress therewith twice a day.

This is Better: Take fat Frankincense 8 ounces, Oil of Amber, Oil of Rosemary, of each three drams: mix and make an Emplaister, which lay over the Pit of the Stomack, letting it lie as long as it will stick.

Breatt Sore : This comes

many

many times through want of I Milk, and frequently after Child-birth: To remedy this, Take of Barrows greate half a pound, yellow Bees-wax an ounce, Gum Elemi five ounces. Venice - Turpentine one ounce; put these into a Skillet with a quarter of a pint of fair Water, and let them simper over a gentle Fire, fcuming off the bubling Froth, and pour it into an earthen Pan to cool: when it is cold, take it out of the Pan, and scrape off the Dregs or Drofs at the bottom; melt it again, and refine it over the Fire, and fo making it into Plaisters or Cere-cloaths, apply it to the Place grieved. An excedent thing for this purpofe is Emplastrum de Minio, which may be spread upon Cloath, and applied warm letting it lie as long as it will flick, and then renewing it: but for a Day or two before you lay on the Plaister, let the Breaft be bathed very well, Morning and Evening, with the Powers of Amber, and then apply the Emplaister.

Breatts of Women: Womens Breatts, especially after their Lying in, contract a hardness, and are fore, occasioned by gross Humours fixing there: to remedy this, Take two Turnips, bake them in an Oven till they are very tender, then press out the Juice a little, and mash them in a wooden Dish or Mortar; scrape on them an ounce of Bole-Armoniack, and make them into a

Poultice with fresh Butter; and being layed to the Breasts very warm on a hot Linnen-Cloth, they will take away the Pain.

This Ointment is incomparable to anoint with: Take Sheepsfuct 4 ounces; Oils of Annifeeds and Amber, of each half an ounce: min them, it will do winders.

Breath, Shortness thereof to help: Take a quarter of a pound of blue Figs, an ounce of Licorice, Caraways and Anniseeds, of each half an ounce; boil them in two quarts of Ale till a pint be consumed, and then sweeten it with Sugar-Candy: Drink half a pint Morning and Evening.

This scarce ever fails: Take White-Port-Wine 4 ounces; Cinnamon-Water half an ounce: Spirit of Harts-horn a dram and half: mix for a Dose.

Breath to Sweeten: Take the dried Flowers and tops of Rosemary, Sugar-Candy, Cloves and Mace, of each two drams, Cinnamon one dram; dry these, and beat them into fine Powder. About a Dram of this at a time in a new-lay'd-Egg, suckt up fasting Morning and Night, clears the Lungs from offensive Matter, and sweetens the Breath.

Chew in the Mouth these.
Grains: Take Catechu in fine Pouder 2 ounces; Nutmegs in Powder one ounce; trebble refined Sugar 4 ounces; Oil of Lemon Thyme two drams; Musk 4 grains; mix, and with Gelly of Gum Tragacanth,

gacanth, make a Mass for grains, which dry, to be chemed in the Mouth

Breek-lime is excellent in the Scurvy; it powerfully expels the Stone in the Bladder and Kidneys; it provokes the Courfes. For the Scurvy, Take the Juice of Brook-lime, Water-Creffes, and Scurvy-grass, of each half a pint; the Juice of Oranges four ounces, fine Sugar two pound; make a Syrup of it, and take a spoonful of it in your ordinary Drink.

Morning for about three Weeks together, washing it down with a spoonful or two of Red Wine or Claret.

You must also have a Trust well fitted to the Belly of the Patient, and Place broken, otherwise all other Remedies will do nothing.

Broom: The Root of this is an excellent Opener, being one of the five opening Roots, and is principally made use of for Obstructions of the Liver,

the Urine and the Courses.

The Aspes of Broom infused in Ale, and that Ale drunk as daily Drink, is an excellent thing against the Dropsie, shiesly the Dropsie Ascites: you may put a pound of the Aspes into two Gallers of Ale.

Droom-Rape: The Herb or Roots of this are to be had Candied, and are very good in the Difeases of the Spleen

and Melancholy ...

2520th, very excellent: Parboil two young Cocks, the Legs and Wings being cut off; fcum the Water you boil them in very clean: then take them out, and wash them in cold Water, and with a pint. of Rhenish - Wine, and two quarts of ffrong Broth, put them into a Pipkin or convenient Veffel, add two ounces of China-Root, and an ounce and half of Harrs-horn, with an ounce of Cloves, Mace. Pepper and Ginger mixed together; feafon it with a little Salt, and cover the Pipkin close, and set it in a Pot of boiling Water, fo that the Water get not into it: let it boil for fix Hours, then pour out the Broth, squeeze it into the Juice of Lemons, and serve it. This is excellent to firengthen or restore decayed Bodies after Sickness, and for such as are Confumptive.

Both, Strong and Savoury made for the Queen on Mornings. Make very good Broth, with some Lean of Veal, Beef and Mutton; and with a Brawny Hen or young Cock. After it is scummed, put in an Onion quartered (and if you like it, a Clove of Garlick) a little Parsley, a Sprig of Thyme, as much Mint, a little Bawm, some Corjander Seeds, bruised,

bruifed, and a very litle Saffron: a little Salt, Pepper and Clove. When all the Substance is boiled out of the Meat, and the Broth very good, you may drink it fo; or pour a little of it upon toafted fliced Bread, and flew it till the Bread have drunk up all that Broth; then add a little more, and Stew; fo adding Broth by little and little, that the Bread may imbibe it and fwell, whereas if you drown it at once, the Bread will not fwell and grow like Jelly; and thus you will have good Pottage; you may add Cabbage, or Leeks, or Endive, or Parsley-Roots, in the due time before the Broth hath ended Boiling, and time enough for them to become tender. In the Summer you may put in Lettice, Sorrel, Purslane, Borrage and Bugloss, or what other Pot-herbs you like; but green Herbs do rob the Strength, Vigour and Cream of the Pottage.

Booth, Another: Take a Leg of Veal, or other Knuckles of Mutton or Veal, being well foaked in divers Waters, and the Blood dryed clean out: put it a Boiling in fair Running Water; keep it scuming during the boiling: when it is almost boiled, you may add a Faggot of Sweet Herbs, large Mace and a little Salt: your Meat may be used for Service, but preserve your Broth in a Pipkin.

Butte to Help : Bathe the

bruised Place first very well with the Powers of Amber; which done, apply the following Balsam: Take Sheeps-suet, Oil-Olive, of each 4 ounces: Gum Elemi 3 ounces; Turpentine one ounce: melt and

mix them together

Brutse in the Head: Take Rosin, and a little Red-Deer's Suet, Camphire; and White-wine, set them over a moderate Fire till it boil, then strain it and beat it till it comes to an Ointment, over a somewhat gentle Fire, and anoint the Place gieved with it as hot as you can, and chase it in.

Brutse, inith great Simelling: Take Hemp, Tow, or Flax, moisten it with Brandy, and spread it over with Honey; then sprinkle Brandy again upon the Honey, and bathing the swelled Part with some Brandy very warm, lay on the other, and it will not only sink the Swelling, but give ease to the bruised part by dispersing the gathering Humours.

There is nothing better, then first to bathe the Place affected with the Powers of Amber, and then to apply Emplastrum Diachylon cum Gummis, renewing it

once in two days.

Wormwood, and Rue, of each a good handful, and mix them with common Oil, and put to them as much Water as Oil, that the Oil and Water may cover the Wormwood and Rue; then boil it till all the Water is boiled away; then

frain the Oil out from the Herbs, and mix it with Sheepsfuer as much as the Oil, anoint the Bedftead with it, it is an

Infallible Remedy.

This is a Bucks=hozn: fmall Plant or Herb growing in barren and fandy Grounds. and comes up with fome of its Leaves jagged or sprouting out at the fides, like the Horns of a Buck, from which Allufion, I suppose, it takes its This is a kind of Plantane different from some others, and has a quality of binding and drying. The Decoction in Wine drank, and the bruifed Leaves outwardly applied, ease the Pains, and remedy the Bitings of most vertenious Creatures; and the Twice helpeth those that are croubled with the Stone or Gravel in the Kidneys, Bladder, or Reins, and Stops Bleed-

Bugle, its Virtues: Either inward or outward it is a good vulnerary Herb; it is used in the Yellow-Jaundice, and Obstructions in the Liver, Reins

and Bladder.

.Take Bugle Leaves 6 handfuls, bruise them; Sheeps-suet, Oil-Olive, of each 10 ounces, min and boil till the Herbs are Crifp: then frain out by pressing: to the the preffed-forth Liquor, add Turpentine 8 ounces; Gum Elemi 6 ounces ; Wax 5 ounces ; mix and make a Balfam ; it cures Wounds many times at one dreffing.

Buglos: Take the Juice of Buglos clarified three potind, White Sugar 2 pound; boil them up to a Syrup. This Syrup chears the Heart, prevents fwooning Fits, and expels

Melancholy

Bullock's-Theek, the Italian way : Break the Bones fo that the Flesh may be as little mangled with them as may be. wash it very clean in shifted Waters, and let it steep three or four hours; then boil it in fair Water with some Bolonia-Saufage, and a piece of interlarded Bacon; and when they are tender boil'd, dish them up and garnish them with Flowers and Greens, and ferve them up with Mustard and Sugar in Saucers.

Willock's-Cheek, to Bake and eat Hot : Take your Cheek and stuff it well with Parsly and Sweet Herbs chop'd, then put it into a Pot with some Claret-wine, and a little ffrong Beer, and fome whole Spice, feafon it with Sakt for your taffe, cover your Pot and Bake it, then take it out, pull out the Bones, and ferve it up on toafted Bread with some of the

Liquor.

Bullock's = Cheek Baked. to eat Cold: Take two fair Fat Cheeks, lay them in Water one Night, then take out every Bone, and stuff it well with all manner of Spice and Salt, then put it into a Pot, one Cheek clapped close togethes upon the other; then lay it over with

with Bay-leaves, put in a quart of Claret-wine, so cover the Pot and bake it with Houshold Bread; when you draw it, pour all the Liquor out, and take only the Fat of it, and some melted Butter, and pour in again, serve it cold with Mustard and Sugar, and dress it with Bay-leaves, it will eat like Venison.

Butlock's Cheek to Stew : Having cleaned, well foaked and ordered them, by taking out the Bones, after you have half-roafted the Meat by an indifferent quick Fire, fave the Gravy, and put them into a Pipkin with some Gravy and Claret-wine, also some strong Broth; fliced Nutmeg and Ginger, Salt and Pepper, with an Onion and a Shalot or two; let it flew about two hours, and so with the Materials it is flewed in, ferve it up on carved Sippers, and it will be an excellent Dish, worth all your cost and trouble.

But of the Meadom: This Herb, or Plant, grows in wet places, most commonly by Rivers and Ditch-sides in Meadows and Marshy-grounds, flowering very early, so that they decay in February or March, before the Leaves appear, which put not out till April. The Sun claims an extraordinary Influence over this; and therefore, as all other Herbs under the Solar Government, it is a great strengthener of the Heart, chearing the

Vital Spirits. The Roots are good against the Plague and Pestilential Fevers, by provoking Sweat, if they be poudered, and taken in a glass of White-wine. They likewise greatly resist Poyson: being taken with the Pouders of Angelica and Zedoary, they prevent the Rising of the Mother. The Roots boiled in Wine, are good for those that are troubled with Shortness of Breath.

Burnet: This Herb, infufed in Wine, chears the Heart, and renders it very pleasant, by imparting a curious Smell and Taste to it: it preserves against the Plague, and the Bitings of Mad Dogs, and also

relifts Poylons.

Wurnet-Water : Take the Tops of Wormwood, Rosemary and Burner, Mugwort, Sun-dew and Dragons, Scabious, Agrimony, Carduus, Bettony, Bawm, and the Leffer Centaury, of each a handful; Roots of Angelica, Peony, Zedoary, Tormentil, Liquorice and Elecampane, of each half an ounce: bruife, fhred and infuse with Sage, Rue, dine, Marrigold - leaves and flowers, of each a handful, three or four days, in four quarts of the finest Whitewine, then distil it carefully. To the distilled Liquor put fresh Burnet twelve bandfuls; Sugar 4 pounds: digest 6, 8, or 10 days, then draw off the Liquor,

So

fo will you have an Excellent Burnet-Water. Let the Dose be three or four spoonfuls at a time.

Burns: For any Burns or Scalds, mingle Lime-water with Linfeed-oil, by beating them together with a Spoon; and with a Feather dipt in it, drefs the place grieved till you find the Fire is gone: Do this as often as you have Occasion.

Or this, Take Linseed-Oil 4 ounces; Saccharum Saturni one ounce; Spirit of Wine, sharp Vinegar, of each an ounce: mix and beat all together, and apply it.

Or, Take a couple of hard Onions, beat them in a Mortar with half a handful of Bayfalt, so apply them. If for Scalding, Take the inner Rind of an Elder - tree, and fresh Sheep's-dung, of each half a handful, and with Fresh-butter or Oil a pound, make thereof an Ointment, and with it anoint often the scalded place, and the heat will be extracted. You must boil the Elder-bark and Sheeps-dung in the Butter or Oil, till the Bark grows Crifp, then strain hard out by pressing.

Burn in the Eyes: Take a new lay'd-Egg, boil it hard, and apply one of the Whites at a time pretty warm, but not too hot, and keep it on some Hours; then take two or three rotten Apples, beat them to mash, and lay them over the

Eye as a Poultis.

Burn or Scalo, suddenly made: Take fresh Cows-dung, and Hogs-grease, of each alike part, mix, and incorporate them well together over a gentle Fire, and make it into an Ointment for use.

Burns, or Small-Por Scars, and Pits to Clear: See Small-Por Scars.

Murn or Socalo: Take Oil of Olives three ounces, White-wax and Searion each two ounces, Sheeps-fuet one ounce and an half, Minium and Caftle foap of each half an ounce, Dragons Blood and Camphire of each three drams; mingle and make 'em into an Ointment according to Art: This is a most approv'd Remedy for a Burn or Scald.

Buftard, Peacock, Eur-By or Crane=19pe: Bone either of them, Parboil and lard it with large Lard, then feafon it with Salt, Nutmeg and Pepper of each two ounces and a half, your Paste being ready, lay in the bottom thereof fome Butter, with some beaten Cloves, then lay in your Fowl with the rest of the seasoning thereon with a good quantity of Butter, close it, bast it with Saffron-water, and when baked and cold, fill it up with clarified Butter.

Dr. Butter's Mie. See Mie-

Purging.

Butter, call'd May-Butter: To preferve this, Take the freshest and newest Butter made about the middle or end

of May, put it into a large glazed Earthen-pot, and place it so hot in the Sun, that it may run and melt; then press it through a fine Cloth, and expose it to the Sun again, till it is well carify'd: Take the purer Part from the Setlings, and it will keep all the Year. It supplies and asswages hard Swellings, allaying the Heat and Inflammations of them; cures Breakings-out and Hear, being mixed and made into an Ointment with the Juice of Wormwood and Vinegar, and is thus prepared to mix with divers suppling and mellifying Ointments.

To purifie Butter, and make it of a very sweet taste: Melt Butter with a flow Fire in a well glazed Earthen Vessel, (if in Balneo Mariæ it will be better) which put to fair Water, working them well together, and when it is cold, take away the Curds and Whey at Bottom : Do this again the Second time; and if you so please the third time in Damask Rofe-Water, always working them very well together. The Butter thus Clarified, will be as sweet in tast as the Marrow of any Beaft, and keep a long time. by reason its great Impurities by this means are removed, the dross, faces and impurities being near a quarter of the whole.

To make Parfly, Sage, Savoury Thyme, or Limon Thyme, Butter. When the Butter is newly made, and well wrought from its Water. Milk, and Wheyish parts, mix therewith a little of the Chymical Oils of Parsley, or Sage, or Savory, or Thyme, or Limon-Thyme, so much till the Butter is frong enough in Taft to your liking, and then mix them well together, this will excuse you from eating the Plants therewith : and if do this with the aforesaid @larified Butter, it will be far better, and a most admirable Rarity.

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Acheries: To make a a Pill for the Cure of them, Take of Trochiscs of Alhandal half an ounce; Myrrh, choice Aloes, and Galbanum, of each three drams: Scammony, Jallop, and white Agarick, of each one dram and a half; Oil of

Nutmeg, one dram; Oils of Amber, Cinnamon, and Cloves. of each fix drops; Extract of Tuniper, as much as is fufficient to make them up into Pills.

These are very much recommended for the Curing of the Quartane Ague, Jaundice, Dropsie, and the Retention of the Courses. The weight of these Pills must be but three grains apiece, and 4 or 5 may be taken at a time; but be careful to keep your Body warm, and in good order, three or four hours after.

Cake: Take two Whites of new-lay'd-Eggs, cut off the Sperm or String, beat them as long as you can, put in a quarter of a pound of White flower, and as much Sugar pounded, work it all well together, then put to it about two penny-worth of Aquavitz, and a little Coriander in Pouder, let all be well mix'd, then lay it upon a fine Paper about as big as a Plate, or thereabouts, sprinkle it with Sugar, and let it be baked.

Cakes Excellent : Take four quarts of Fine Flower, two pound and a half of Butter, three quarters of a pound of Sugar, four Nutmegs, a little Mace, a pound of Almonds finely beaten; half a pint of Sack, a pint of good Ale-Yeast, a pint of boil'd Cream, twelve Yolks and four Whites of Eggs, four pound of Currans: when you have wrought all these into a very fine Past, let it be kept warm by the Fire half an hour before you fet it into the Oven; if you please, you may put into it two pound of Raisins of the Sun, stoned and quartered. The Ice for this or any other Cakes, Take the Whites of three new-lay'd-Eggs, and three quarters of a

pound of fine White Sugar finely beaten, beat it well together with the Whites of Eggs and ice the Cake; if you please, you may add a little Musk or Ambergrease. Let your Oven be of a Temperate Heat, and let your Cake stand therein two hours and a half before you ice it, and afterwards only to harden the Ice.

Cabes Smalt: Take three pound of very fine Flower, one pound and a half of Butter, and as much Currans, and as much Sugar, feven Eggs. One half of the Whites taken out, and knead all well together into a Past, adding one Nutmeg grated, and a little Rose-Water, so make them up about the bigness of your Hand, and bake them upon a Plate of Tin.

Cathes-Chaldron = 10 pe : Mince your Chaldron fmall, boil itstender; when cold, put to it some small pieces of Lard, some Yolks of hard Eggs chop'd grofly ; add thereunto some Mutton and Lamb cut into small Gobbets, with Goosberries, Grapes or Barberries, then feafon it with Salt, Nutmeg and Pepper, and fill your Pye therewith, laying on it some pieces of interlarded Bacon and Butter, close it up, and when baked, liquor it with Butter and White-wine.

Calves-foot-Pre: Take Calves-feet, boil them very tender; then take out the Bones, and mince them small: do the like by two pound of

Beef-

Beef-suet; then add a quarter of an ounce of beaten Cleves and Mace, Lemon-peel small shred; a quarter of an ounce of beaten Cinnamon and Nutmeg; and strew over all a little Pepper and Salt finely beaten together. And to any of these Pyes you may, if you think convenient, put in this following Caudle when they are bak'd, viz.

A quarter of a pint of Whitewine, half as much Verjuyce, a blade of whole Mace, the Yolks of three Eggs, a quarter of a pound of Sugar, and as much Butter; beat them up well, and ftrain out the thinest part, and so put it into the Pye as it is just going to be served up at the Table, and it gives a curious slavour and relish: you may likewise scrape sine sifted Sugar over the Lid and so serve it up.

Calbes-Dead-Bre: Boil your Calf's-Head till the Meat will come from the Bones; then cut it into thin flices: then take half an ounce of Nutmeg, as much Cloves and Mace, half an ounce of Cinnamon, half a pound of Dates fliced thin, a pound of Raifins, a quarter of an ounce of whole Mace, the Marrow of four Bones, the Yolks of fix Eggs hard boiled, cut them in halves, and then take half a pound of candied Lemonpeel and Citron, a handful of pickled Barberries and Lemons fliced thin, a pound of Butter, and to bake it pretty well,

Calbes head - Dye with Dyffers: Order the Head as the former, feafon it with a quarter of an ounce of Pepper, two large Nutmegs, and a quarter of an ounce of whole Mace; put in fix Cloves of Shalots small minced, two quarts of Oysters, and on the top and bottom lay two pound of Butter; lay on four Anchovies mixed, or in small streaks, and over these pour half a pint of White-wine.

Cammock, or Befthar= 20to: The Ponder of this Root drank in White-wine. with the Juice of Lemons, is excellent in the Stone or Gravel in the Reins or Bladder, especially when the Ureters or Conduits, through which the Urine should pass. are obstructed: And (according to the Testimony of Matthiolous) a certain Man having used the Pouder of this Root for many Months, cured himfelf of a Rupture. The Decoction also of this Root, and Water which hath been diffilled from it, provoke Urine. and removes Obstructions in the Reins and Bladder.

To make the Diftilled Water, You must take four pounds of the Rinds of the green-Roots, cut them very small, and insuse them in a gallon of Malmsy or Mallaga, and then set them over a gentle heat: Distil them in a glass Alembick in Balneo Mariæ, and you will have pleasant Water sit

tor

for the abovesaid Uses.

Capon Baked in Pafty-Dan : After he is roafted and cold, Take the Flesh from the Bones and flice it, but preferve the Thighs and Pinions, add to the Flesh of your Capon four Sweet-breads, half a pint of Oysters, three Lambstones, and feafon them all with Nurmeg, Salt, Cloves, Mace, minced Thyme, Sweet-Marjoram and Penniroyal; lay into your Pasty-Pan a sheet of Past, and in the Bottom thereof lay your Thighs and Pinions; and upon them strow a minc'd Onion, on thefe lay your Flesh, and upon it the Sweet-breads and Lambstones, and Oysters cut into halfs, over all a handful of boiled and blanched Chefnuts, put Butter on the top, and close your Pan; when it is baked, lair it over with Claret-Wine, ffrong Broth, Gravy, drawn Butter, Anchovy diffolved with a grated Nutmeg, garnish it with Slices of Lemon. The fame manner you may bake a Turky.

Capon Boiled and larded with Lemons : first scald your Capon, and take a little dusty Oatmeal to make it look white, then take three Ladlefuls of Mutton-Broth, a Faggot of Sweet-herbs, two or three Dates cut long in Pieces, a few Parboil'd Currans, a little whole Pepper, a piece of whole Mace, and one Nutmeg, thicken it

Verjuice, Sugar, and a small quantity of Sweet - Butter: then take up your Capon, and lard it with thick and preferv'd Lemon, and then lay your Capon in a deep Dish, boil'd Meats, and pour the Broth upon it: Garnish your Dish with Sippers and preserv'd Barberries.

Capon to Cram : The beft way is to take Barly-meal fifted and mix it with New-Milk. make it into a stiff Past, then make it into long Crams, or Rouls, biggeft in the midft, fmall at both ends, and then wetting them in lukewarm Milk, give the Capon a full gorge three times a day, Morning, Noon and Night, and he will in two or three Weeks be

Fat enough.

Capon to frigaffe: A Capon to be Frigaffed, must be either Boiled or Roasted, which you must Carve up, taking the Pinions from the Wings, and the Brawn from the Joint, as they lie in the Dish: thus Carv'd up to lie orderly in the Pan, put to them the Yolks of five Eggs. with fliced Nutmeg, and minced Thyme: being thus all in the Dish, mingle them well together, and put them into your Pan with clarified Butter half hot, and Fry them till they are yellow, then turn them : after this take fome White-wine with the Yolks of three Eggs, a little strong with Almonds, feafon it with Broth, Gravy, an Onion cut

in quarters, Anchovies, and a little Nutmeg grated; then pour out what Liquor is in your Pan, and add to it a ladleful of drawn Butter; then put this Lair into your Pan, and keep continual fhaking it therein over a flow Fire, till it grow thick; if it should prove too thick, you may thin it with White-wine; then diffi up your Fowl, and pour in your Sauce, and ferve it up, garnish'd with hard Yolk of Eggs chopt fmall, and Slices of Lemons.

Capon to know : If alive, will have a far thick Rump, and a fat thick Belly, a fat Vein under her Wing on the one fide of her Breaft ; and if the be young, will have a fhort Spur, and a smooth Leg; but if she be old, a sharp Spur; but have a care the Spur be not cut; par'd, or scraped lesser, but if you mikrust it, do but pinch it upon the Breaft with your Thumb, and if your Thumb goeth in easie, then it is young; but if hard, then it is old; if the be pale about the Head, and have a thort Comb, then fhe is young; but if red about the Head then the is no clean Capon.

Capon to lead Chickens:
The way to make them take
the Charge is, with a fine small
Bryar, or effe sharp Nettles
at Night; do but sting all his
Breast and nether parts; then
in the dark set the Chickens
under him; the warmth or

heat taketh away the smart, so he will fall in love with them; and whensoever he proveth unkind, you must string him again; this will make him never forsake them; he is very useful by reason his Body is large, and will easily cover 30,00 40 Chickens, Ducklings, Turkeys, Pheasants or Partridges, and defend them from Kites and Buzzards better then Hens.

beaten to Pouder, fift it, and incorporate it with the Yolk of an Egg; and applying it, it will draw away the Venom, and offenfive Humours, break any Boil, or Plague fore, and contribute much towards the healing of it.

Tou ought to decrepitate your Salt in a Crucible over a naked fire, before you make it into Pouder, and then reduce it to a fineness in a hot Iron-Mortar: and the Tolks of the Eggs ought to be boiled hard. This done, Take Yolks of four Eggs; Salt in fine Pouder, four ounces; Pouder of Bayberries, Pigeons - Dung, Strasboturgh Turpentine, of each two ounces: Camphire in Pouder, Sal Armoniack, of each an ounce; min and make a Cataplasm or Pultife, and apply it.

Carp to Boat!: Make a Pudding of Almond paffe and Cream, grated Bread, Nutmeg, Currans, and Salt; and when the Carp is drawn, without cutting open, wie, through the Gills, put in the Pudding that way till the Belly be full;

tie it to a Spit, and when it is roafted, make the Sauce with what drops from it, and the Juice of Oranges, Cinnamon and Sugar , beaten up with

Sweet-butter.

Carp Steined : Having bled him, fave the Blood, scrape off the Scales, and take out the Intrals: then put him into your Stew - part, with Mace, Ginger, Cloves, Nutmeg, Sweet-herbs, and a large Q nion guartered, with half a pound of Butter; mix fome of the Blood with Claret; put it in, and being enough, garnifa it with fliced Lemons, and green Spinage, and ferve it up to the Table

Carp Dye, fee Tench Dye. Taslia, its Vertues, It's Loofening, and a Purifier of the Blood : it allays Heat, and moderately loofens the Belly; provokes Urine, purges Choler and Phlegm, and mollifies the Breaft and Throat; it refolveth Inflammations, and cleanses the Reins from Sand

and Gravel

Catter- Ditlers to Bill: Take Ox-Pifs and Lees of Oil, and boil them together, and caft it upon the Trees and Bushes where they are.

Cauffick Liquor of Mer-Digreafe Take Verdigreafe four rounces Salt Nitre eight ounder; mix them together. fire them, and let them burn, in an Iron or Marble Morter well heated; then make them into a Pouder, and put them

into a convenient Vessel. Let them, by dropping diffolve in a moult place; and preferve the Liquer that falls in a thick Glass, or glazed earthen Pot.

This Liquor is highly approved for confuming proud and corrupted Flesh; and likewife all forts of Excrescencies more particularly fuch as accompany Venereal Diffem-

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Cauftick Douber, or Specifick Correlive of Paracellus: To make it, Take Corrolive Sublimate three Mercury ounces, Sal Armoniack two ounces, pouder them together; put them into a Matras, pour on them a pint of Aquafortis; which evaporate in a moderate heat till the Ingredients come to the confistence of a Pafte: dry the whole Mass in fuch a moderate hear, as will reduce it into a fine Pouder.

This Pouder Cauterizes very speedily and violently any superfluous Elesh, and such Excrescencies as are to be removed. It is quick in Operation; and the regard that is to be had to the Nature of the Corrolive Sublimate, requires much Caution and Frudence in the use of it; insomuch, that you must put on but a very little at a time, and use it only upon firong Bodies; and it is to be applied upon no other Parts than what are remote from the Emunctories of the Noble Parts.

Celandine the greater :

The Juice of this is very good to take out Spots, Pins and Webs in the Eye; but by reason of its sharpness, you may allay it with a little Breaftmilk : Warts frequently rub'd with the Juice of Celandine, will dry up, and peel off. The Decoction of the Root being drank with Anifeeds White-wine, is good for the Jaundice, or to wash eating Ulcers withal. The Root being chewed, allwageth the Tooth ach.

Celandine the less, or Ditemost : It breaketh the Skin where it is applied as a Poultis: it causes bad Nails and Hair to fall off: the Juice of it sauffed up the Nose, greatly purges the Brain: A Gargarism made of the Decoction of it with Honey, has

the same effect.

Tho' the Herb is good for these Purposes, yet it is the Root which is always used; An Ointment made of the Root, by boiling of the Bruised Root a pound, in Freshbutter a pound and half till it is Crifp, and then pressing it out, repeating this operation three or four times, with the like quantities of fresh Roots, is an admirable thing for the Cure of the Piles or Hemorrhoids, for did I ever know it fail: The same Ointment cures also Swellings and Sores of the King's-Evil after a wonderful manner.

Centaury the great : The chief Vertues of this confift in the Root, which is afed for Ruptures, Difficulty in Breathing, old Coughs, Pleurifies, and Spitting of Blood: It is fuccessfully given in the Dropfies and Jaundice, being either infused in Wine, or beat to Pouder, and drank immedi-

ately.

Centaury the tels : Of this Lesser sort Galen hath written a large Treatise. It purgeth Choler and Phlegm; which cause the Decoction thereof is given in Tertian Agues: It kills Worms in the The Leaves of this Belly. Herb being applied fresh to Wounds, fearch them, and

heal up Ulcers.

Tephalick Clipir : Take Milleto that grows on the Oak, Piony-roots, the bigger Valerian, of each an ounce and half; Piony-feed, Laurel and Juniper = berries, of each one ounce: Cinnamon, Mace, and Cubebs, of each three drams; Flowers of Tille tree. Rofemary and Lavender, of each a handful: bruife what is to be bruifed, and macerate them together for twenty four hours in the Water of Lilies of the Valley, Black-Cherry - water, the redified Spirit of Wine, of each a pint and half: then distil them according to Art. To the Liquor distilled, add refined Sugar one pound, Tincture of Ambergrease a dram; This Elixir kept in a double well stopp'd Glas, is of wonderful Use in Epilepsies, Apoplexies.

plexies, and other cold Difeafes of the Brain, being taken fasting, from half a spoon-

ful to two spoonfuls.

By this Destillation you will not have above half the Virtues of the Ingredients: your better way is to make a Tincture of them thus: Take Mifleto of the Oak, Mate, Piony-roots, Valerian the greater, Peacocks-dung, of each two ounces : Piony-feeds, Bay and Juniper-Betries, Crocus Metallorum in fine Pouder, of each an Ounce and half; Cinnamon, Mace, Cubebs, of each an ounce; Flowers of the Lime-Tree, of Rosemary, and Lavender, Lilies of the Valley, of each two ounces and a half: being all dry, put them into a bot Iron-Mortar, and put to them of the best Salt of Tartar fix ounces, grind them well together for a pretty while, then put all into a strong narrowmouth'd Glass, and put thereon of the best rectified Spirit of Wine, five quarts : digeft in a cold place for 12 or 14 days, Shaking the Glass once a Day: then let it fettle, and decant off Dofe the clear Liquor for ule. one spoonful at a time in a glass of generous Wine.

Terate for Masks for Women: Take white Bees-wax four pound, Sperma Ceti two ounces, Oil of the four greater cold Seeds cleanfed, extracted without fire, and Bifmuth precipitated, of each three drams; Borax and Burnt Alom finely poudered, of each half a dram; melt and mix them in Balneo Mariæ, and at the same time dip and spread the Cloth. This Preparation for the Lining Womens Masks, or laying on their Faces going to Bed, wonderfully preserves the Beauty, and encreases its Charms and Loveliness to Admiration.

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Cerate for Womens Breafts: Take Oil of Rofes fix ounces, bruised Leaves of Periwinkle three ounces; the Juice of Mint, and the leffer Sage, of each an ounce and an half; boil them over a foft fire to the confumption of the Juices: then press out what remains thorough a closethreaded Cloth ; then melt into it Bees-wax three ounces; and when it is almost cold, put in three ounces of the Pouder of Mastick; and having well ffirred these about, dip in the Cloths you intend to use.

This prevents the Breasts of Women from swelling or growing big after Child-bearing; it likewise changes the course of the Milk, and turns it downwards: it must be laid pretty hot on the Breast, and wrapt up with warm Cloths, and renew'd every twenty four hours, till the desired Effect be performed.

Derectoth for Broken
Bones: Take Frankincense
and Galbanum, Olibanum, Mastick of each an ounce: Wax
three ounces, Rosin an ounce
and half, Oil-Olive two ounces; dissolve the Galbanum

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in a little Vinegar, and then melt all together in the Oil, and so bruise and strain it thorough a Cloth; then dip your Cerecloth, and apply it to the Fracture, and it will mainly strengthen the Sinews, and knit the fractur'd Bone sooner than can be reasonably expected.

Cerecloth of Balbanum : Take Gum Galbanum, Ammoniacum, Sagapenum, of each an Tacamahacca, ounce and half; Turpentine, of each an ounce: Affa-fætida, fat Myrrh, of each half an ounce; Bees-wax two ounces; dissolve all, except the Turpentine and Wax, in Wine-Vinegar, and therewith mix the Wax and Turpentine melted together, till they come to a good confistency. It is a famous thing against Fits of the Mother and Vapours, being applied to the Navil and Pit of the Stomach in Women: it also provokes the Terms, expels Wind, eafes the Belly-ach and Colick, and is faid to kill Worms.

Chalybeat Douber: Take Steel or Iron reduced to a Pouder either with Water or Sulphur 6 ounces, Anifeeds, Facula of Aron-roots, of each one ounce; Nutmegs 2 ounces: White-Sugar 10 ounces; mix and make a Pouder. It admirably attenuates, incides, opens, and is anticachetick, and a wonderful opener of Obstructions; it provokes the Terms, helps the Jaundice, kills Worms, and cures the Green-sickness, Scurvy, and Hypochondri-

ack Melancholy. It is a specifick in the Cachenia, or evil babit of Womens Bodies, and in all Obstructions of the Stomach, Liver, Spleen, Mesentery and Womb, and Diseases thence arising: I Dose from 15 grains to half a dram, according to the Age of the Patient, every day, Morning and Evening.

Chalpheat Salt against an ill Habit of Body: Take Vitriol of Mars an ounce, Sal Prunelle two ounces, Salt extracted out of the dead Head of Aquafortis three ounces; pulverize them together, and put them into a glass Cucurbit, set them in a Sand-heat with a Fire made under them by degrees; augment the Heat till the Matter look red hot, and slows like Water, and in the end turn to a hard red Stone of Salt.

This is much applauded for the Cure of Cachenies and foorbutick Distempers, also to purge the Mass of Blood, create an Appetite, and open the Passages of the Urine, provoke Sleep, and divert the Fluxes of Rheum; it also carries off bad Humours by Sweat and Stool, or insensible Transpiration: You may taken it when 'tis finely reduc'd to Pouder, from seven or eight, to twelve or fifteen grains, in a Glass of Wine, or some convenient Gordial Water.

Cheese to Make: It is not here meant the ordinary fort of Cheese, but a Rarity. To make it therefore, put whole Cinnamon in new Milk, or

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Cream,

Cream, let it boil; then take it off and sweeten it with Sugar, add two quarts of Milk or Cream, a spoonful of Runnet, cover it till it curdle; then strew on it Sugar and the Pouder of Cinnamon, and dip Sippits in Canary, and ferve it

Cheelecakes: Put to Gallon of new Milk half a pint of Runnet, let it stand till it is curdled; then put the Curd into a Linnen - Cloth, tye it up, and by laying a Weight on it, press out the Whey; which being done, beat up the Curds with Yolks of Eggs, White-wine, and Rose-water, with a little Sugar diffolv'd in the latter; then add half a pound of Currans washed clean from Gravel and Stones: make up all these Materials into a Puffpast of fine Flower, Eggs, But ter, Ale, Yest, and as much Milk as will fashion it; beat it with a Rolling-pin till it is of an equal temper, then take and roul it up into little Balls, foread them out into round flat pieces as thin as is convenient: make them into what fashion you please. When they come to be turned up, put the Curds and other Materials in the middle of them, then wet them round with Water, turn up and pinch the Corners, and put them into due proportion, and when baked, ffrew them over with Sugar mixed with Pouder of

Cinnamon, or without, and sprinkle over them Rose-water,

and fo ferve them up.

Theelecakes, the Italian way: Take two pound of Pistaches, stamp them, when taken out of the Shells, with two pound of Morning-Milk, Cheefe - Curd newly made. three ounces of Elder-Flowers. and ten Eggs, Sugar and Sweet-Butter, of each a pound, with two quarts of Flower; drain these in course Strainers, and put them into a Puff- past,

Cheefecake-fashion.

Theelecates without Milk : Take twelve Eggs, and lay away fix of the Whites, beat them up finely, and having a quart of new Cream boiled up with Mace, take it off, and putting in the beaten Eggs, ftir it about till it curdles, then let it cool a little, and put in a good quantity of Sugar, beaten Mace and grated Nutmeg, dissolve a little Musk and Amber-greafe in Rofe-water, and sprinkle it over lightly; then put in three or four spoonfuls of grated Bread, with half a pound of beaten Almonds, and a little cold Cream, with fome Currans, and it will make an excellent Curd: Then make up your Puff-past Cheese-Cake fashion, in which this is placed, and bake them in a moderate Oven, and drawing them, fprinkle them over with Rose-water and Sugar, and so ferve them up.

Cherry = Wrandy : Take

fix

fix quarts of the best Brandy, one pound of Black-Cherries, a quarter of an ounce of Cloves and Whole Mace; two handfuls of Clove-Gilliflowers, one handful of Spear-Mint, and one handful of Bawm; let them lie a fleeping 24 hours, and then break the Cherries between your Hands, then put them over the Fire a little while, then put as much Sugar as will fweeten them, according to your mind, then strain them for use.

Therry-Mitte: Take the best Cherries, pick them, stone them, and strain them, into a Gallon of Juice put two pound of Sugar, then put it into a Tub, and let it work, when done, stop it up for two Months, and then draw and Bottle it with a little Sugar, and let it be kept six Weeks

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Thickens to know: If
fhe be new-kil'd, will be fliff
and white, and firm in the
Vent; but if stale kill'd, it
will be simber and green in
the Vent; a Chicken scalded,
do but rub your Finger upon
the Breast of her, and if she
feels rust, then she is newkill'd; but if she feel slippery
and slimy, then stale killed;
a Cramb'd Chicken, if she be
fat, will have a fat Rump, and
a fat Vein upon the side of
the Breast of her like a Pullet.

Chicken-Por: After you have trus'd them, season them with Cloves, Salt, Pepper,

Nutmeg beaten, and Maces then take fome Parfley and Thyme, and mince them imall, and mould them into a Ball' with fome Butter, and fome of the aforefaid Seasoning; stuff the Bellies of your Chickens therewith, and then lay them into your Pye, with fliced Lemon on the top of them, and the bottom of boil'd Artichoaks cut into fquare pieces (if in Seafon); close it up, and when it is baked, take the Yolk of an Egg, a grated Nutmeg, White - wine, Gravy and Butter beaten up together, and lair it therewith.

Chickens frigacy'd; See frygacy of Chickens.

Chickens in White-Broth : Take a quart of White-wine, and three pints of strong Broth, and put one or more Chickens to it in a Pipkin, or a convenient earthen Vessel, add a quarter of a pound of Dates fliced, half a pound of fine Sugar, and four or five Blades of Mace, the Marrow of three Bones, and a handful of white Endive shred small, and let them flew over a gentle Fire; and when the Broth is well tasted, strain the Yolks of ten Eggs into it, keeping it continually flirring, that the Eggs may mix with the Broth, and not curdle: then take out the Chickens, put the Broth into the Dish, and lay them in it, and garnish it with Marrow, fliced Dates, large Mace, Endive, preserved Barberries,

E 4

and

Leer of Almond Past and the

Juice of green Grapes.

Chilbanes: Take a Turnip, put it under hot Embers, and roast it well: then take off the Coat, and beat it to Mash: apply it very hot Poultisewise, shift it often for freshones, and continue it three or four Days.

There is nothing better for Chilblains, than to wash them in Beef Brine, for a quarter of an hour, or more, as bot as it can be endured, every day Morning and Evening, till they are gone.

China-Broth : Take two ounces of China Root chipped thin, fleep it in three pints of Water all Night, on Embers covered; the next day take a Cock-Chicken, put in its Belly Parfley two handfuls; Mint, Raisins of the Sun stoned, of each a good handful, and as much French Barly; fix good Onions thin fliced : boil these in a Pipkin close covered on a gentle Fire fix or feven Hours: strain it, and take it for a Confumption, or any Defect in the Lungs.

Chops of the Breast: Take Damask Rose-Water half a pint; pure white Gum Tragacanth three drams; min and dissolve cold, which will be done in about 24 hours; to this add clarified May-Butter four ounces, mixed with Bees-wax two ounces, and pure white Sperma Geti one ounce.

It is a very good Remedy to

mens Breasts and Nipples: It may ferve for the Hands, Lips, or any other Parts, being anointed with it warm.

Ctimamon takes away and dissolves all superfluous Humours of the Body, and fortifieth the Members. There is a distilled Water made of Cinnamon, strong in Smell and Taste, and of great Virtue, and is thus made:

Tinnamon-Mater to Make: Take a pound of Cinnamon that has not lost its Scent, bruise it and put it into a Vessel with four pound of Rose-water, and half a pint of White-wine; then set your Vessel, being very close stopt, in warm Water, and then make your Destillation in the same Water, being placed on a Furnace where the Fire is maintained, in such manner that the Water may continue boyling.

To make Ginnamon after a more easie way, without Destiblation: Take Spirit of Wine three pinis; bruised Ginnamon four ounces: insuse them together for a Week in a large Glass close stop'd, shaking the Glass twice a day: Then take Damask-Rose-Water a quart, dissolve them in White-Sugar-Gandy a pound: mix both these Liquors together, and hang therein Musk eight or ten grains in fine pouder, tied up in a Rag.

This distilled Water is sovereign against all Diseases proceeding from cold Causes; for it dissolveth and consumeth

Phlegm,

Phlegm, removes Windiness and clammy Humours, and comforts the Stomach, Liver, Spleen, Brain, and Sinews: It is an admirable Cordial against faintness or fainting Fits, comforting and cheering the Heart; it resists Posson, or the biting of venomous Beasts, provokes Urine and the Terms, and proves helpful to those that are short-winded, or are sick of the Palsie.

Ettron: The Juice of it represses Choler, and (if made into a Syrup with fine Sugar) is very good against the Plague, and pelistential Fevers. The Meat or Pulp is of a gross and phlegmatick Substance, the Kernels bitter

and loosening.

Citrons, a Syrup: Take Citrons, as many as you think convenient, pare and flice them very thin, then put them into a filver or glass Bason with layings of fine Sugar till it be near full; the Day following pour off the Liquor into a Glass with a Paper Funnel, strain it with a tiffany Strainer, clarifie it on a soft Fire, and it will keep a twelve Month. This is excellent in hot Distempers, especially mixed with Juleps and Cordials.

Claret = Water for the Stomach: Take four ounces of Cinnamon, bruifed Cloves, Ginger, Mace, Galangal, and Cardamoms in Pouder, of each half a dram; macerate

them in the Cold in two quarts of Choise Brandy, and a pint and a half of Rose-water six Hours: being put into a Matrass very close stopped, filter it, and in the filtering dissolve two pound of Loaf-Sugar, and so the Water is perfect.

This is very pleafing in Tast, and exceedingly fortifies the Stomach and Vitals, distipates Windiness, and creates a good Appetite; you may take it from three drams

to half an ounce.

Clobes: They help Digestion, stay the Flux of the Belly, and are binding; they clear the fight, and the pouder of them confumes and takes away the Web or Film in the Eye, as also Clouds and Spots: being beaten to Pouder, and drunk with Wine or" the Juice of Quinces, they flay Vomiting, restore lost Appetite, fortifie the Stomach and Head, gently warm an over-cold Liver; and for this Reason they are given with fuccess to such as have the Dropsie: The fmell of the Oil of them is good against fainting Fits and Swoonings; and being chewed, they fweeten the Breath, and fasten the Teeth; the Pouder of them in White-wine is given for the Falling-Sickness, or Palsie; the distilled Water of Cloves is good against Surfeits and pestilential Diseases; receiving the Smoak of the Cloves into

the Nostrils whilst they are burning on a Chasing-dish of Coals, opens the Pores of the Head.

If Oil of Cloves one dram is dissolved in rectified Spirit of Wine four ounces, you have one of the greatest Stomaticks in the World; it is good against Vomiting, Sickness at Heart, griping in the Bowels and Stomach, the Cholick, and creates a good Appetite, and prevails against all cold Diseases of the Head, Brain, Nerves, and Womb, as Apoplexies, Epilepsies, Lethargies, Vertigo's, Head-achs, Megrims, Convulsions, Palsies; loss of the ufe of Limbs, dimness of Sight, Faintings and Swoonings, Vapours, Fits of the Mother, Sipperiness of the Womb, and other Weaknesses of that part: The Dose is one small . Spoonful in the Morning fasting, and as much last at Night going to Bed, in a Glass of generous Wine or Ale.

Milk to simper on the Embers twelve Hours, add sliced Marmalade of Damascens, Sugar and Cinnamon finely poudered, with as much Cream as amounts to a third part of all these Materials, serve it up strewed over with Sugar, and sprinkled with Rose-water.

Cock = Ble: Stone four pound of Raisins of the Sun washed and well dryed; take a young Cock, trus him, and put him into twelve Gallons of Ale, with the Raisins; of Nutmegs and Mace, of each

an ounce; Dates half a pound: infuse these in a quart of Canary twenty four Hours, and put them to the Ale: When the Cock is boil'd almost to a Jelly, strain and press out the Liquor, put it into a Cask, and put about half a pint of new Ale-Yest to it, let it work a Day, and the next you may broachit; but three or four Days is better. If this prove too ffrong, as no doubt it will to some Palats, mingle it as you please with plain Ale in the drawing, or by putting two Gallons of it into three Firkins of plain Ale in the Bar-It is excellent to strengthen and restore decayed Nature, and is drank with fuccess in a Consumption.

Cock = Water : Take two fleshy large and well grown Cocks. cut and beat them in a Mortar Bones and all; which done, put the beaten Flesh into a Copper-Body well Tin'd within, and ada' thereto Limon - Thyme, Savory, Spear-Mint, Sweet - Marjoram, Peniroyal, Tanfie, Wormwood, Rosemary-Flowers, of each two handfuls: Cinnamon, Cloves, Nutmegs, Pepper, white and long, all bruised each one ounce; Winters Cinnamon, Jamaica-Pepper, both bruised of each four ounces; Milk, Muskadel, Choise Brandy, of each a Gallon; mix them well together; digest them a Month in the Still in a blood-warm Balneo Maria, the junctures being well luted; which done, in Balneo Marie, draw off the Water

to dryness, so have you a most famous thing for all forts of Weaknesses, Painings and Con-Sumptions. But before the Distillation, you may put into the Receiver a pound and half, or two pounds of trebble Refined Sugar in fine Pouder, fix grains of Ambergreafe, and twelve grains of Musk in fine Pouder, and tied up in a Rag, upon which let the distilled Liquor fall. Dofe 2 or 3 Spoonfuls in the Morning fasting, half an bour before Dinner, and as much last at Night going to Bed.

Cock Young: Hath a red Comb, and red Gills; but if he hath a short Spur, not cut, nor par'd, and fat, he will

fpend very well.

Coolin=Cream: Scald the Codlins till they are pretty foft, peel them, and scrape off the Pulp from the Core, strain the Pulp through a thin Linnen-Cloth, add to it Sugar well dissolved in Rose-water, and then mingle these with Cream; adding, if you find occasion, more Sugar, Rose-water, and a little Cinnamon poudered very fine, and serve it up.

Coulins Cart: Take Codlins before they are quite ripe, pare them, cut them in quarters, and take out the Cores: lay them in quarters in the Tart, with a thin flice of Quince under each quarter, and the fcrapings of Orange or Lemon-peel, firew them over with Sugar and Rosewater after you have poured

in the Syrup of Quinces, or the Syrup of Pipins; scatter over them a little Cinnamon beaten into fine Pouder, close up the Lid, and bake them

in a gentle Oven.

Cobs Beat to Drefs : Cut it fair and large, boil it in Water and Salt, add a pint of Vinegar, fo that all the Head and Appurtenances may be just covered, put into the Mouth of it a quart of stewing Oisters. a bundle of Sweet Herbs, and an Onion quartered; and when it is fufficiently boiled, fet it a drying over a Chafing-dish of Coals: then take Oifterliquor, fliced Onion, and two or three Anchoves, a quarter of a pint of White-wine, and a pound of Sweet-Butter; shred the Herbs, mix them with the Oisters, and garnish it with them, adding withal fome flices of Lemon, grated Bread, and a little Parfley.

Colick: Take four drops of the Spirit of Salt, in four spoonfuls of good Canary, so

drink it.

Cottch and Stone: Drink of the distilled Water of Parsley, in White-wine, or good Ale.

And nothing inferiour is the Distilled Water of Hydropiper, er biting Arsmart, being constantly drunk as ordinary Liquor. So also the Water distilled from Onions, Leeks and Garlick: but in the time of the Fit, apply this Cataplasm. Take Parsey four or sive handfuls, cut it, and hail

boil it in half a pound of Fresh-Butter till it is almost crisp; then put it into a Linnen-Bag, or tie all up in a Cloth, and apply it to the Perineum; or Space between the Cods and the Anus, as hot as can be endured, keeping it there for the space of three, four, or five Hours, and repeating it, if need be; this takes away the Pain to admiration, and in several Patients (after several Years wexation therewith) this Remedy having been used, the Distemper has returned no more.

Complexion to Preserve: Take White and Yellow Saunders, Lignum Aloes, Lignum Rhodium all in fine Ponder, of each an ounce; Camphire made into Pouder with a few drops of Spirit of Wine, two drams; Choise English Saffron a scruple ; Choise Indian Lake two drams; fine Bole-Armoniack three drams; Vinegar a Sufficient quantity : mix and make it up into little Balls. It is not only of an excellent Scent, but a little of it being diffolved in Mitk-Water, Hungarian-Water, or Fair Water; it gives a very good Complexion, and preferves Beauty.

Take good Mithridate two ounces;
Salt of Tartar, Salt of Hartshorn, of each half a dram; Camphire, Pouder of Clowes, Pouder
of Vipers, of each a firuple, mix
them. Of this take to the
quantity of two Hazle-Nuts
in Carduus, or Sorrel-water,
first dissolving it well; and
keep close and warm in Bed,

and you may continue Sweating three or four Hours, if the Distemper be violent; or a less while, as occasion requires: For want of this Confection, if any fudden Caufe requires Sweating, you may take a dram of Mithridate in Carduus, Treacle, or Sorrelwater, and keep your felf warm for fome Hours afterwards, left the Pores by this means opening fuddenly, fuck in the cold Air, and do more harm than good. It is alfo good against the Plague, or Pestilence, Spotted-Fever, and all. forts of Malign or Pestilential Fevers, Mensles, Small-Pox, &c. being given as before directed.

Confection to help the Sight: Take Eye-bright and Fennel of each a dram; Cardamoms and Mac", of each a dram and a half; Seeds of Rue and Celandine, of each a quarter of an ounce; Rolemary an ounce; Anniseed, Lignum-Aloes and Carraways, of each half an ounce: make of these finely beaten, a Confection with Honey or Sugar. is called the Oculifts Confection. and is very strengthening to the Eyes and Brain; it reftores decayed Sight. Take three or four drams in five or fix spoonful of Wine.

Conferbe of Citron-Flowers: Take their weight or more in white Sugar, dissolve them in Rose-water, hang it over a gentle Fire, then take it off, and boil it almost to the

confifence

confishence of a Syrup; then put in the Flowers, and boil it up to a height, and mash

them to a Conferve.

Consolibative Platser:
Take Sheeps-suet 8 ounces; OilOlive 6 ounces; Wax, Turpentine,
of each 4 ounces; Frankincense
3 ounces and a half, fat Myrrh,
Rosin, Mastick, Olibanum, Aloes,
all in fine Pouder, of each 3 ounces; Gum Elemi, Balsom Capivi
of each 2 ounces; Camphire,
Saccharum Saturni, of each one
ounce; mix over a gentle Fire
to the consistence of an Emplaster.

This is excellent for the Plague-fore, or any fuch poifonous or infectious Swelling.

Consumption, a Broth: Take two good well flesht Pullets, bruise them in a Mortar, and make a strong Gelly of them by long boiling, adding the Juice of two or three Lemons, and the Crumbs of two Penny Manchets: strain out hard by pressing, and make it pleasant with trebble refined Sugar. Dose half a pint of it Blood-warm, Morning, Noon and Night, or oftner if the Patient pleases, with two Spoonfuls of choise Cinnamon-water added to it.

Consumption, a Mixture. Take of the former Jelly a quart: Cream made of pearled or hull'd Barley three pints, mix them, and make it pleasant with Syrup made of the Juice of Citrons, Lemons, or Quinces. This is an excellent thing for such as are in Hestick Fevers, or Consumptions accompanied with great heat and

dryness. Take half a pint of in first in the Morning fasting, then as much at 10 in the Morning, the like at 4 in the Afternoon, and lastly as much at Bed-time.

But the Specifick which transcends all the Medicines for a Consumption here mentioned, and many others besides, is the Herb The Decoction of Fox-Glove. the Herb in Water or in Wine, or in half Water half Wine, may be drunk as ordinary Drink; and of the Juice of the Herb and Flowers may be made a Rob, or Syrup with Honey, which being taken three spoonfuls at a time, first, in the Morning fasting; adly, at Ten in the Morning; dly, at Four in the Afternoon; and laftly, at going to Bed, will restore (where the Patient is not past cure) beyond all Expectation. It cures a Phthisick or Ulser of the Lungs, when all other Medicines have failed, and the Sick esteemed past cure; it opens the Breast and Lungs, frees them from tough Flegm, and cleanses the Ulcer and heals it, when all other Remedies act without effect : I have known it do wonders, and speak here from a long Experience : Persons in deep Consumptions, and given over by all Physicians, have by the use of this Herb been strangely recovered, and so perfectly as to grow fat again, 1 commend it as a Secret, and it ought to be kept as a Treasure: These few Lines concerning this matter alone, is worth ten times the price of the whole Book, were there nothing else in it besides, that'

that one had occasion to make use of. I am very confident of it, the deplorable wasted Patients, who have been in long and tedious Consumptions, Phthises, and Hecticks, if they make use of it, will give me thanks for this Notice, whilf they may have rea-Son enough to Curse even the Memories of the Quacking Bloodfuckers, who as they have drain'd them of a good part of their Estates, would by a continuance under their Hands (for all their specious Methods of Cure) have fool'd them out of their Lives too.

Contagion of the Plague, to Expell: Take Rue, Wormwood, and Angelica-tops, of each half a handful; Celandine, Carduus, of each a handful and a half; put them into a glazed earthen Pot, bruised together with a pint of ftrong White-wine - Vinegar: ftop the Pot close, then let them feeth in Balneo Maria, till the third part be confumed, and then strain it out, and keep it close stopp'd : Let the Party infected drink two or three ounces of it, and fweat after it. without fleeping, a considerable time, if it may posfibly be prevented: it fortifies the Heart, affifting Nature a gainst Poisons, and infectious Airs.

Coral, to prepare : Take fuch a quantity as you think convenient, make it into a fine Pouder by grinding it upon a Prophyry or an Iron-Mortar; drop on it, by degrees, a little Rose-water, and form it into Balls for use. After this manner, Crabs-eyes, Pearl, Oifter-shels and Precious-stones are prepared, to make up Cordials compounded of them, and other fuitable Materials for the ftrengthening the Heart in Fevers, or fuch-like violent Diseases, and to restore the

Decays of Nature.

Cordial, Excellent: Take two ounces of dried Red Gilliflowers, and put them into a Pottle of Canary; add three ounces of fine Sugar in Pouder, and half a scruple of Ambergrease in the same manner; put them into a Stone-bottle, and stop it close, often shaking it; and when it, has stood ten Days, then pass it through a Jelly-bag or Strainer; and putting it up for use, take two or three spoonfuls of it at a time. and it will greatly strengthen. the Heart, and restore Health again, Oc.

Cordial-Mater : Take a gallon of Strawberries clean pick'd, put to them a pint of Aquavitæ, and let them stand four Days, and then pour off what is liquid, and strain the rest into it; sweeten it with a little Sugar, and infuse a grain of Musk or Ambergrease into it. This strengthens the Heart and Stomach: Half a quarter in a Morning, is a good Preservative against ill Airs

and Infections.

Colmetich-Water: Take fair fair Water two quarts : Saccharum Saturni, Roch Alom of each one ounce; mix, diffolve and filter. If the Countenance is yellow or tan'd with the Sun. Take fair Water two quarts; Salt of Tartar half an ounce, min them; diffolve, filter, and keep it for use, with which wash Morning and Evening.

Cough: Boil in two quarts of Poffet-drink, a good handful of Moss that groweth upon Oaken Pales, and drink a good draught in the Morning, and take three spoonfuls of good Sallad-Oil after it : drink it Afternoon and at Night without Oil, taking fometimes at Night one of Mat-

thems's Pills with it.

Cough: Take Raifins of the Sun stoned, and Figs washed and fliced, of each a pound; unfet-Hyllop a handful, Enulacampana dried and bruifed, two ounces; Aniseeds bruised one ounce; boil all these in a gallon of small-Ale till half is confumed; then strain it, and put to it Honey and Sweetbutter of each four ounces; Saffron dried and pouder'd half a dram: boil them again gently till they be well incorporated: Drink half a pint of this Liquor warm'd, both Morning and Night. This Proportion made twice, hath cured Coughs of long continuance.

Coughs: There is no Medicine in the World better than to take a full spoonful of our TinStura Mirabilis every Morning fasting in a glass of fair Water sweetned with a little Honey; and at Night going to Bed 60 drops or more of our Guttæ Vitæ. or 3 or four grains of our Specifick Laudanum, and continuing the Use of these things for Some days: If the Patient is apt to be Costive, and it is a prejudice to him, then instead of the Guttæ Vitæ, or Specifick Laudanum, give only our Cathartick Laudanum, 2 or 3 Small Pills about the bigness of White Peale at Bed-time; they operate pleasantly, keep the Body soluble, and give a Stool or two, the next day in the Afternoon.

Cough or Cold: Take a quart of Milk, and make a Posset thereof with a pint of Ale; then strain it, and put two spoonfuls of beaten Anifeeds, two Pippins flicked with the Pareings, and a stick of Licorice bruifed, and a quarter of a pound of Raisins stoned: let it boil gently for half an hour; then strain it again, and drink a draught thereof warm. with a little piece of Freshbutter in it : Take it two or

three times a day.

Cough or Cold : three ounces of Enula-campana, scrape off the Rinde, and cut it into thin flices; then boil it in three pints of Water till it comes to a pint and an half; then put therein a pound of fine Sugar, and let it fimper a little on the fire; then take it off, and let it cool, and it will be a perfect Syrup; of which take three spoonfuls both Morning and Evening.

Or thus: Take Pouder of Elecampane-Roots, one ounce; trebble refined Sugar two ounces in Dofe finel Pouder, mix them Morning and Ethree drams,

vening.

Court Jelly: Take three or four Calves-feet, and lay them in Water all night; then scald off the Hair, slit them, and take out the long Bones; then take a young Cockerel and dress him, after he has lain all night in Water; boil him and the Feet together in four pints of White-wine, and as much fair Water, until they be enough: then let it run thorough a Strainer into a Bason, or other Vessel, letting it stand till it is cold: then with the point of a Knife or Spoon take of the clearest from the fettlings, and put it into a Pot with three quarters of a pound of fine Sugar, and two ounces of Cinnamon scraped an ounce of Ginger, two flices of Nutmegs, and ten Cloves; boil them together; and while they are boiling, put in the Whites of fix Eggs, and a Branch of Rosemary; strain it thorough a Jelly-bagg, and fo ferve it up. This greatly fortifies Nature, creates good and wholfom Blood, and restores decayed and Consumptive Bodies.

Cowdin = Wine : Take three Gallons of Water, three

pound of Sugar, boil them one hour and half, fcum it very well; when it is boiled, take it off the Fire, and put in fix quarts of Pickt Cowflips. and let it fland all Night; strain them out, then put in New-Ale-Yest, let them work well, then turn them, and let it stand five days, then Bottle it for use.

Cowcumbers to Dickle : Take Cowcumbers, and wipe them clean, then put them into a Pot, strowing between every lay of Cowcumbers, bruised Pepper Cloves, and large Mace. Then take the best Wine-Vinegar, Salt, Cloves, Mace, bruised Pepper, a little whole Ginger, a little Fennel, and a little Dill, boil them together and skim them, then take it off the Fire, and pour it on your Cowcumbers, stove them in very close: And when the Pickle is fale, take them out, and put in fresh Vinegar, Cloves, Mace, Pepper, Salt, Fennel and Dill.

Cramp: To make an Amulet for the Stomach, Take the Roots of Mechoacan, reduce them to a Pouder, and fill with this Pouder a little fquare Bag of Sarfnet, or fome fuch flight fluff; Let it be about three inches fquare, and hang it by a firing about your Neck, so low that it may reach the Pit of the Stomach. Wear it next the Skin.

The Gramp whether in the Neck, Arms, Hands, Legs, Feet, or

any

any other part, is infallibly cured by bathing the Places affected, every Morning and Evening with the Powers of Amber, and taking it inwardly, every Night going to Bed for 8 or 10 Nights together, about half a spoonful at a time in a quarter or half a pint of White-Port Wine or Sack

Cream-Cheefe: Take two quarts of Milk warm from the Cow, Almonds blanched half a pound, beat the Almonds small; add a pint of Cream, and of Rose-water four ounces; half a pound of fine Sugar, and a quarter of an ounce of beaten Cinnamon, and as much Ginger; then put the Runnet to the Milk and Cream; and when it is curdled, press out the Whey; and what remains beside, serve up in Cream.

Cream of Eggs: Take a quart of Cream, heat it, and beat up the Whites of five Eggs; keep them flirring; and when it boils, add two or three spoonfuls of Rose-water; and when it begins to thicken, take it off, let it cool, and put in a little Salt and fine Sugar, and so serve it up.

Cream: fool: Take two quarts of Cream, fet them over a gentle fire in an earthen Vessel; and when it simpers up, add the Yolks of twelve Eggs well beaten up with three or four spoonfuls of cold Cream; put them to the hot Cream, and keep it continu-

ally stirring, to prevent burning-to. When it is boiled
well, take it off, and let it cool;
then put to it half a gill of
Canary, stir it about, and pour
it on Sippers cut very thin,
and strew'd over with the
Pouder of Cinnamon and Sugar; then pour over it some
Syrup of Rasberries, and serve
it up.

Cream-Cart : Take Manchet-bread, pare off the Crust, and grate the Crumb very fine, mix it with sweet Cream and Butter, beat up the Yolks of a dozen Eggs with Cream, adding four ounces of Sugar, boil them till they come to a thickness; then make two leaves of fine Paste as thin as conveniently can be raised; make them but shallow, and put the Materials into them, put on the Lid, bake the Tart in a gently heated Oven; and when it is bak'd, ftrew fine Sugar over it, and then ferve it up.

Cucumbers : fee Cows

curd = Cakes: Take a pound of Curds, four Yolks of Eggs, and two of Whites, a little Flower to bind them together, Sugar, grated Nurmeg; mingle them well, and bake them in Cakes, icing them over with Sugar diffolv'd in Rose-water, or drop them into a Frying-pan in hot Suet, as you like them best.

Currant - Cream: Take Red Currants, plump them up in warm Water; then mash

them

them, and strain them through a Cloth with hard pressing, put to them the Pouder of Cinnamon and Sugar, and a quart of new Cream, and serve them

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Currans, or Goosberries. a Jelly : Take the Fruit indifferently ripe, press out the Juice through a coarfe Linnencloth; clarifie it, and add quart a pound of to each Sugar clarified and boiled up to a Candy height; then boil them together till a third part be confumed: put to them a pint of White-wine, wherein an ounce of Cherry-tree or Plum-tree Gum has been diffolved, and it will bring it into a curious Jelly.

Currans to Dickle: Take Red or White Currans, being not through ripe, give them a walm in White-wine-Vinegar, with so much Sugar as will indifferently sweeten it; cover them over in this Liquor, and keep them always

under it.

Curran-Mine: Take three pound of Currans, one quart of Water; strain the Currans and Water together after they have lain steeping three days, put to it one pound of Sugar; put it into a Vessel, and let it work, and when it has done working, stop it up; let it stand two Months, then sine it off the Lees, then add more Sugar if requir'd; then put it into the Tub again, let it stand a Month, then rack it

off, then bottle it with fome Sugar, and let it be kept fix Weeks for use.

Cuffaros to Make: The Paste being raised into what Form you please, dry it a little in an Oven after it has been drawn, that the Moisture that is to be put into them, by reafon of their thinness, may not make them fall when put into a hot Oven : then break eighteen Eggs into two quarts of Milk. yet half the Whites must be omitted; and if made of Cream, no Whites at all, only the Yolks: then a pound of Sugar, and a little Rose-water, beat them together till they are very well mixed; and when you fill your Pans or Pastes, strain out the liquid part, and leave the Curds and Caudities, if there be any behind, and bake them in an Oven about three quarters heated.

Cuftards, Another way : Boil a quart of Cream, with Nutmegs, Mace and Cloves bruised, of each two drams; the Yolks of ten Eggs, and the Whites of five, beaten up with a little cold Cream; mix these together with a grain of Saffron wet in White-wine or Canary, and firained thorough a Linnen - cloth with a hard preffure, upon often wetting; put these Ingredients into the Paste you have provided for them, in what fashion or form you please: and if you find it proves too thick, make it thinner with a little Milk

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Milk and Rose-water, adding a little refined Sugar and powder'd Cinnamon infus'd in White-wine: then bake them in a gentle Oven, and serve them up on Plates, with Sweetmeats or Flowers made in Paste.

Roots Prepared: Infuse the Bark, after you have cleansed it in sharp Vinegar for the space of three Days; then

dry it, and keep it for use. And in this manner you may Prepare the Leaves of Spurge, Laurel, Mezereon, or such like.

The Pouder of the Bark of the Roots applied, is good to stanch Bleeding, or stop the flux of Humours into a Wound; and it is so much the more effectual, if it is mixed with Pouder of Catechu; Saccharum Saturni, and Roch-Alom, each in equal quantities.

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Milles: This Herb is excellent for Wounds in the Breasts; the Oil of it, Plaister, or Syrup, are extraordinary good, and requisite to be kept in all The great Wild Families. Daisie is a Wound - Herb, to be had in great regard, often to be used in Drinks or Salves. either externally or internally. The Juice of thefe, or the distilled Water, as also of the Small Daifie, greatly tempers. cholerick Heats, refreshes the Liver, and other inward parts. A Decoction of them much availeth in the cure of Wounds in the hollowness of the Breast or Stomach; as also for Ulcers and Pustles in the Mouth, Tongue, or Privy-Parts. Leaves bruifed and applied to the Testicles, or any other

hot and swelled part, dissolves the Swelling, and temperates the Heat: being boiled with Wall-wort and Agrimony, they greatly help in the Palfie, Gout or Sciatica, dispelling Knobs or Kernels in any fleshy part. They help Bruises and Ails occasion'd by Falls, or Contusions by Blows. They are fuccessfully used in case of Raptures; the Ointment of them cools and expedites the cure of inflamed Wounds, especially when they happen in or near the Joynts: the Juice may be drop'd into Rheumatick fore Eyes.

Take Clarified Juice of the Common Small Field - Daifie a quart; Honey a pound: mix and boil to the thickness of a Rob. Dose three spoonfuls Morning and Evening in all Distempers of the

Lungs, Coughs, Hoarsness, and to be used as a Vulnerary, for the speedy healing of all sorts of Wounds and old Ulcers, as also to be outwardly applied to them.

Damafcens to Bzeferbe : Gather your Damascens in dry Weather, fuffering them to be very ripe, or they will be but of an indifferent colour; to every pound of them put a a spoonful of Rose-water, and a pound of Sugar finely beaten; then put the Fruit in a large bottom'd Pan, one by one, and fet them on a Chafing dish of live Coals, but not at first too hot; then put in as much Sugar and Rofewater as will melt it; when the Pan is warm, caft on half your Sugar, and let it be no hotter than you can endure your hand upon it, forbearing to turn them till there be as much Syrup as will bear them up: then turn them, and cast on the rest of the Sugar, not fuffering them to feeth when you turn them, left they break on both fides: when they are enough, take off the Skins gently; and when they are cold, put them up in a Glass, and put into them four or five Cloves, and as many little bits of Cinnamon and to you may Preferve any Plums. But to any fort of White Plums, put neither Cloves nor Cinnamon.

Damascen-Mine: Take what quantity of Damascens you please, put them into a little. Tub, then put as much

warm Water to them as wil cover them; keep the Water warm with Cloaths as long as you can, let them lie 24 Hours or more till they are plump, then add more Water to them. and let them boil 5 or 6 Hours over a quick Fire, then strain them hard thorough a Hair Strainer: you must make it work with Baum, or the Lees of good Wine, and after tun If you defire to have it up. it very strong, as foon as you have strain'd it, you may boil it a little more, and instead of Baum fet it a work with a Decoction of Currans; after this manner, to a pound of Currans, take five pints of Water. and boil them to a quart; then strain it through a Hair-Cloth very hard, to which Proportion you may add three gallons of your Damascen-Wine; this will not only fet it a working, but give it a great when it hath ftrength: wrought a while, tun it up in a good Wine-Cask: when it is ready to be stop'd up, put a few fresh Damascens in your Cask, and then ftop it very close, and let it fland in a gool Cellar to ripen for 2 or Months: and thus without help of Grapes, you may have Wine not inferiour to Claret.

Damascene-Cline, Another way: Take four Gallons of Water, and put to every gallon of Water four pound of Malaga-Raisins, and half a peck of Damascens; put the Rasins.

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and Damascens into a Vessel without a Head, cover the Vessel, and let them steep six days, stirring them twice every day; then let them stand as long without stirring, then draw the Wine out of the Vessel, and colour it with the Insus'd Juice of Damascens sweetned with Sugar, till it be like Claret-Wine; then put it into a Wine-Vessel for a Fortnight, and then bottle it up.

Damafcens, or Pauens, a Conferbe : Take Damascens one Pottle, prick them and put them into a pint of Rosewater, or Wine, into a Pot, cover them and let them be well boiled, flirring them well together; when they are done tender, let them cool, strain them with their Liquor; then take the Pulp and fet it over the Fire, adding to it a fufficient quantity of Sugar, then boil them till they are enough, fo you may put them up into your Gally-pots or Glasses for ufe.

Damascen - Tart: Boil them in Wine, and strain them with Cream, Sugar, Cinnamon and Ginger, boil it thick, and fill your Tart.

Damask-Douber: Take of Orrice half a pound, Rose-Leaves four ounces, Cloves one ounce, Lignum Rhodhum two ounces, Storax one ounce and an half, Benjamin an ounce and a half, Musk and Civet of each ten grains: beat them all together grosly except the

Rose-Leaves, which you must put in afterwards: this is a curious Pouder to lay among Linnen.

Dandel pon, or Dent De Leon, or Lyons Coeth: Its Quality is Cleanfing and Opening; by which means it is effectual in removing the Obstructions of the Liver, Spleen and Gall, and fuch Difeafes as arife from them, as Hypochondriacal Passions, and the Jaundice, &c. opening the Passage of Urine in Men and Women of all Ages, cleanfing Apostemes, and the inward Urinary Passages, and then by a temperate and drying quality heals them: In this case, you may boil the Leaves in Whitewine; or fhred fmall, put them into Broth. It is good likewise in a Consumption, boiled in Broth, or the Juice of the Root drank in Canary, or in the bad Disposition of the Body call'd Cachexia: it procures Rest and Sleep, when the Body is diforder'd by . Agues. The distilled Water is good in Pestilential Fevers, and to wash old Sores.

Take Clarified Juice of Dandelyon a quart; Honey two pounds; mix and boil to a Syrup, of which let the Sick take three spoonfuls at a time, Morning, Noon, and 4 in the Afternoon, and at Bedtime, to open Obstructions, heal the Lungs, and cure Consumptions.

Dates: Of these there are divers kinds: and as to their Physical Virtues, some of them are dry and binding, as those of Egypt; others are soft, moist and sweet, as those growing in Syria, Palestine and Jericho; the rest are a mean between those two kinds: Eaten often they ease Coughs, restore in Consumptions, and make Fat. But the Pouder of the Stones is successfully taken by such as spit Blood, or are troubled with the Bloody-slux.

Or thus. Take the Pouder of the Stones, Pouder of Egg-shells Lævigated, of each half a dram: mix and give it in any convenient Vehicle against all inward Bleedings, or Spitting of Blood: it famously stops it when most

other things fail.

Deafness: Take Betony and Horehound, and stamp them in a Mortar; strain out the Juice, and when the Parry is in Bed, and laying on one side, drop in three or four drops into the Ear, and if will in a few days time restore the Hearing, if the Party was not born Deaf, or some Violence has not been offer'd to the Organs of Hearing.

I have often cured Deafness or Thickness of Hearing, by dropping into the Ears a few drops of my Guttæ Vitæ, every Night going to Bed. Oil of Amber also drop'd into the Ears for some time after due Syringing them. (with warm Oil and White-wine, mixed together in equal quantities) is

of extraordinary ufe.

Decotion to open the Bo-

corice, Aniseeds, Currans, and Fennel-seeds, of each half an ounce; Sena a dram: boil them being bruised, in a quart of fair Water till the third part be wasted; then strain it, and drink it at three several times very hot, and walk about upon it. It loosens the Belly admirably.

Decotion to Clysters: Take Posset-drink (made with Ale) a full pint; Aniseeds six drams bruised; boil a little and strain, in which dissolve brown Sugar four ounces, and give it warm. It loosens the Belly, and gives

Some Stools.

Decoation of Denna : Take two ounces of the Leaves of Senna; Raifins of the Sun stoned two ounces, Ginger one dram: boil them in two quarts of Spring-water till balf be confumed. This is an excellent Purging Potion: Dose is four ounces: If it be given to a strong Body, that it may work the better, put to three ounces of it, an ounce of the Syrup of Buckthorn or Roses solutive. This may be fafely taken as often as any occasion of Illness or Indisposition requires it, or for prevention.

Detoction of Moods:
Take Sarfaparilla-roots, split
and cut small, four ounces;
Guaiacum three ounces; the
Bark of the Wood two ounces;
Sassaras one ounce and
an half; the Roots of Burdocks and Butterbur, of each
two

two ounces and an half; Rho-1 dium-wood and Yellow-Saunders, of each an ounce; Carduus-feeds and Juniper-berries, of each fix drams; of the outer Bark of dried Critrons two drams: infuse them all night in fix quarts of fair Water, and then boil them to the consumption of half the Liquid. This drank as a Diet-drink is exceeding good for those that are troubled with the French Disease, King's-Evil, Rheums or Coughs. It may be taken four times a day, for twenty or thirty days together.

Decoctum Amarum : This bitter Decoction, or Draught, is made in the following manner: Take the Flowers of Camomile, the Tops of the Leffer Centaury, of each a pugil, or very fmall handful; Gentian-Root half a scruple; the Leaves of Senna cleanfed, and Carduus Benedictus - feeds, of each one dram: boil them in a fufficient quantity of clear Spring-water to four ounces. This strengthens the Stomach. restores lost Appetite, and causes a good Digestion. You may take four ounces of it for a Dofe fasting, five or fix Mornings together.

Deflucion on the Eyes: Take red Sage, and Rue, of each a handful; fine Wheat-Flower a spoonful; the White of a new-lay'd-Egg beaten to Water: mix them very well, and spread them upon a very thin Leather, or black Silk, and apply it to the Temples, it draws off the Rheum that af-

flicts the Sight.

if the Rheum is very hot, and the Defluxion very great, there is no better thing in the World than to wash the Eyes, or drop into them 3 or 4 times a day a little good Brandy; for this Defluxion comes by reason of a weakness in the parts, which this Medicine removes: I know some will be affraid of the smarting, but the Fear is more than the Hurt, nor is the smarting equal with the Pain which is caused by the Difease. Or you may take Powers of Rolemary, which you may bathe upon the Lids of the Eyes 5 or 6 times a day, shutting the Eyelids in the mean season very close, this stops the Rheum also, be it never so extream. When the vehemency of the Pain and Defluxion is stop'd, you may confirm the Cure by often washing the Eyes with the following Water. Take Damask Rose-water half a pint; Saccharum Saturni, Roch-Alom, of each a dram; White-Vitriol a scruple, mix them.

Debti s-Bit: This Herb and Root being boiled in White-wine, makes a Decoction, good against the Plague, and pestilential Airs, and Diseases occasioned thereby, as Fevers, &c. It is an Antidote, and much fortifies against Poisons, and helps the Pain caused by the stinging or biting of venomous Beasts; and also for inward Bruises, Contusions by Blows, and dissolves congealed.

or clorted Blood. The Root and Herb bruifed and applied Poultisewise, takes away the black and blue Marks in the Skin. The Decoction of the Herb only mixed with Honey of Roses, is with success applied to Tumours and Swellings in the Throat, by often gargling the Mouth, and down the Throat, as conveniency will permit : It helpeth to procure Womens Courses, and easeth all Pains of the Mother, expels Wind in the Bowels: The Pouder of the Root drunk in Wormwood-Water, and drives out Worms ? The Juice of the distilled VVater is good to wash green Wounds with, or old Sores: It cleanfeth the Body, being taken inwardly; and the Seed decocted, takes. away the Itch, cures old Sores, removes Freckles, Pimples and Morphew, the Parts being bathed with it effecially, and the fooner, when a little Vitriol is diffolved in it.

Diacodium: Is a Syrup made of White-Poppy-Heads and Seeds 8 ounces; Black-Poppy-Hends and Seeas 6 ounces, boiled in fair Water 8 pounds to 3 pounds, then prest forth, and made into a Syrup with 32 ounces of Sugar. It eauses Reft and Sleep, and eases Pains in any Part; Is good against Weaknels of the Back . Coughs, Colds, Catarrhs, and stops all forts of Fluxes, and Bloody-fluxes. Dose from I Spoonful to 2 in any convenient Liquor. To Children the Dose must be less.

Diarrhea: Mix fifteen Grains, or if the Distemper be but light, ten grains of the Pouder of Rubarb, with half a dram of Diascordium, and take it either going to Bed, or early in the Morning after the first Sleep It stays Loosnesses, and remedies Fluxes in the Belly.

There is no better thing in the World than my Laudanum Specificum, which may be given from one grains to four, more or less, according to Age, it cures infallibly. Children which cannot take Pills, may take my Guttæ Vitæ, from 10 drops to 60, according to Age; give them in Ale or Wine

Difficult Breathing:
Take Castoreum dryed to Pouder two or three grains, at the most but four; mix this with ten or twelve grains of Gascoin Pouder, adda little Syrup or Conserve of Roses, and being taken, wash it down with a mixture of five drams of Penyroyal-Water, and two drams at most of Compound Water of Briony.

If it comes from tough hard Flegm, my Spiritus Aperiens, or Spiritus Anticolicus are famous things, being given from 20 drops to 40 in Ale or Wine, and in all the Liquor they drink. But if it is an Obstruction of the Lungs from a stagnation of the Blood, or the Humours being too thick, give Spirit of Harts-horn or Sal Armoniack from 30 to 60 drops in a glass of Wine, or Scurvygrass-Water.

Difficulty in Bearing : Take a chive out of a Root of Garlick, put a fine piece of Thread or Silk thorough it at the end, that it may be eafily plucked out again; crush it a little between your Fingers, and anoint it over with the Oil of Bitter Almonds, and fo put it into the Cavity of the Ear, at going to Bed; and draw it out the next Morning, flopping the Ear with Black Wool: But if the first time fucced not, you must use it My Guttæ Vitæ drop'd oftner. into the Ear, is excellent in this oafe.

Digettibes: Take two ounces of Venice-Turpentine, incorporate it well with the Yolk of an Egg, add to it at discretion a little Spirit of Wine: with this dress the Part Morning and Evening, laying on thicker, if the Part be near fome Nerve, and the less where it is most fleshy, and it will foon bring it to a Head, or dispel the Tumour, Humours, or Pain contracted. It is used instead of Basilicum.

Digellion to help : Take fine Sugar, poudered and fifted two ounces, sprinkle on it the Spirit of Wormwood; then take a quarter of an ounce of Gum Tragacanth, and steep it all Night in Rose-water; then take some of this, wet the Sugar with it, and beat them together till it come to a Past like Dough: you may make it up into Cakes the breadth of a Groat Lay them upon Plates, and dry them gently in an Oven, keeping them in a dry place. Eat one or two of them in a Morning, & they will help digestion.

If it comes from a Cold Stomach, nothing is fo good, as to eat now and then a bit of Bar-

badoes Green Ginger.

This is a great Dill: strengthner of the Brain : The Decoction of it is good in Pains and Swellings, eafes Pains in the Belly, and is excellent for Women troubled with Pains and Windiness: It stays the Hiccough, if you hold your Nose over the steam, if boiled in Wine. The Seed is of greater virtue than the Leaves, as being more powerful to digest vicious and raw Humours, and very useful in Medicines appropriated to expel Wind : It dries up moift Ulcers, more particularly in the Secret Part. Dill-Oil refolves Humours and Apostems. eafes Pains, and procures Reft. The Herb or Seed in Whitewine expels Winds, and provokes the Terms.

Dill-feed, &c. Its Virtues: Four drops of the Oil extracted from it, and half an ounce of the Oil of fweet Almonds mingled together, and taken in warm Ale, are excellent good for Hiccoughs when they proceed from cold Caufes The Seed bruifed and applied. add a little Musk, and then discusses and ripens Tumours,

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disposes to Sleep, being steeped in Wine. They rake off the excessive Heat and Desire in Venery, flay Vomitting. The tender Tops and Roots boiled with the Seeds in Whitewine, greatly provoke Urine, and are helpful in diffolving or bringing away the Stone or

Gravel.

Diftilled Minegar: Put fix quarts of ftrong Whitewine-Vinegar into an earthen Pan, evaporate about a quart in a Bath, till the phlegmatick Part is removed: pour what remains into a glass or earthen Cucurbit : distil it in a strong Sand-heat, till nothing but a substance like Honey remains at the bottom. It is mixed likewise with Cordial Potions to relift putrefaction, and outwardly applied, it allwageth Inflammations; half an ounce of it may be taken at a time in any proper Liquor.

Diureticks: Peel off the inner Rind or Skin of an Eggshell, beat the Shell to a very fine Pouder, and take about a seruple of it at a time in a spoonful of convenient Li-

quor.

It eases Pains and Obstruations; adding to it Pouder of Crabs-Eyes, it brings away

the Stone or Gravel.

Diuretich-Cablets: Take Stone-Parfly, Roots of Reft. harrow, Butchersbroom, Fennel, Eringoes, of each half an ounce; the Seeds of Burdock and Groundfil, of each two

drams: boil thefe in two pints of the distilled Water of Radiffies. Boil the straining, according to Art, with half a pound of double refined Sugar, into Tablets of two drams weight apiece, and take one or two of them in a Morning falling for the Stone or Gravel, or Ulcerations in the Kid-

neys, or Bladder.

Dock: It is a great cleanfer of the Blood, and strengthner of the Liver, when they are afflided with Choler. Some hold that the yellow Dockroots work most effectually. when they are so afflicted : All Docks have in them a kind of cooling, drying quality, but not all alike : The Sorrel being most cold, and the Bloodwort most drying, the Seed of them stays the Lasks and Fluxes of divers kinds: The Roots boiled in Vinegar, cure and take off the Itch and Scabs, (the place being washed with the Concoction) and the Breakings out of the Skin. The distilled Water of the Herb and Roots have the fame virtue. and more especially cleanse the Skin, from Morphew, Spots, Freckles, or any other discolourings: 'Any of the feveral Docks being boiled with Meat, make it boil fooner; Bloodwort especially is a very wholfom Pot-herb, though fome, ignorant of its virtues, refuse it, because it makes the Pottage blackish: but those are more nice than wife,

Docto:

Dotto: Stephen's Mater:
Take a gallon of Claret-wine, or Canary, Cinnamon, Ginger, Grains of Paradife, Gallingal, Nutmegs, Anifeeds, and Fenelfeed, of each three drams; Sage, Mint, red Roses, Pellitory of the Wall, wild Marjoram, Rosemary, wild Thyme. Camomil and Lavender, of each a handful; bruise the Spices small, cut and bruise the Herbs, and put all into the Wine in an Alembick; and after it has stood twenty four Hours, distil it.

It is good against fainting and Swooning Fits, expells Wind, cases the Colick, and strengthens a

weak Stomach.

Dodder of Chyme : It is effectual in Melancholy, and purges black or burnt Choler; it takes away the Trembling of the Heart, Swoonings or Faintings; all Difeases and Griefs of the Spleen and Melancholy arifing from the windiness of the Hypochondria: It purges the Reins and Kidneys, it opens the Obstructions of the Gall, and is thereby helpful in case of the Jaundice: It purges the Reins of phlegmatick, and cholerick Humours, and mixed with a little Wormfeed, is good in Agues in Children.

It may be infused in Whitewine an ounce or more to a pint, for almost two hours scaldinghot; then prest forth, and being-sweetned with Sugar, is to be drunk every Morning fasting, or Evening going to Bed.

Dog-26iting: If you are bitten by a mad Dog, or any Take the Roots of Gentian one dram, Myrrh. two drams; the Eyesor black Claws of Crabs burnt and poudered, two drams; put them into White-wine, boil them, and ffraining out the Decoction. drink a quarter of a pint at a time fasting, if you can, and very warm; then wash the Wound with your own Urine, wherein Rue and Carduus have been boiled, and fo continue to do three or four Days fuccessively. having first laid some of the Pouder dry on it, to draw out the puti effed Blood, cleanie it.

Inwardly give the Pouder of the Liver of the same Mad-Dog to one dram, in White-wine every Morning and Evening for a Week or more; and having wash'd the Place bitten with Salt-brine very hot, apply thercon Emplastrum Epispasticum, which let lie on 12 or 14 Hours,&c. and being whole, apply a second blistering Plaister as before. If you have none of thefe things, then immediately hold almost close to it, a Red hot Iron, till a Blifter arises, so will you deliver the Patient from the danger of Death.

Dogs-Grafs: It is gentle in its operation; being boiled in White-wine or Ale, it openeth Obstructions of the Liver and Gall; it removes the Stoppage of Urine, eases Gripings, and Pains of the Belly,

and

and Inflammations. The Seeds work powerfully in expelling Urine, and the Decoction of them stave Lasks and Vomit-The Roots boiled ing: White-wine, are a general Remedy against all Diseases oc-

casion'd by Stoppages.

Dogs-tooth: This is a kind of Grass so called, and has in it many excellent Vertues in Phyfick; viz. The Decoction of it healeth the Pains of the Belly, helps difficulty in making Water, breaketh the Stone, and brings away Gra-The Root bruised and applied, fearcheth Wounds, and keepeth them from Inflammation. If the Decoction be put into a little Wine or Honey. and the third part of fo much Myrrh, Pepper and Frankincense, and be made to boil in some Copper Vessel, it is a for fingular Remedy Tooth-ach, and Rheums falling into the Eyes. It is good for the Head-ach, being stamped and applied to the Fore-It likewise stenches head. Ble ding at the Nofe, and the Seed thereof greatly provokes Urine, and bindeth the Belly. and stayeth Vomiting, &c.

Darnel: The Meal of it is good to be applied to Gangreens, or any the like fretting and confuming Gancers, It is ex. or corrupted Sores. cellent to cleanse a Leprous Skin, or that which is affected with Ringworms or Morphew. it dissolves Knots and Kernels,

being used in quick Brimstone and Vinegar, breaking those that will not eafily diffolve. Being boiled with Pigeons-Dung and Linfeed in Whitewine, it gives ease to the Sciatica. The Meal of it applied Poutiswise, draws Splinters or Thorns out of the Flesh, as also Splinters of broken Bones, fo that they may be easily taken out. The Red Darnel boiled in Red Wine, is excellent toffay Lasks, Fluxes, and bloody Issues: and retains Urine that would otherwise pass away too sudenly.

Dobes-foot, Is a present Ease for the Wind-Cholick It expels the Stone and Gravel in the Kidneys; and boiled in White-wine, is good for Bruises, Hurts or Wounds, stays Bleeding, disfolves and expels congealed Blood, cleanfethold Sores and Ulcers, being washed therewith, as also Fiftula's. The green Herb bruised and applied to green Wounds, affwageth the Pain, and allays the Inflammation. The Decoction of it in Red - Port-Wine, eases the Pains of the Gout, and Aches in the Joints or Sinews: the Pouder or Decoction of it taken for fome time together, is experienced to be very helpful in the Rupture or Burstenness of Old or Young. This Herb, by fome, is called Cranes-Bill.

Down, by some called Cotten-Thistle: The Leaves and Roots help (if the Juice or Decoction of them be drank)

Cricks

Cricks and Pains in the Neck. Galen affirms, That the Roots and Leaves are of a Healing Quality, and help against Convulsions of the Nerves, whereby any part of the Body is drawn up by fome Spasm, as the Rickets in Children, and the Shrinking of the Sinews

in Old People.

Dagons: The Water of this diffilled, fcoureth and cleanfeth the Body : being apply'd outwardly, it takes away Freckles, Morphew and Sun-burn, especially if mixed with ffrong Vinegar : an Ointment of it is good in Wounds: it confumes the offensive Flesh growing in the Nostrils, called Polypus, and Cancers. drop'd into the Eye, it takes off Films. It is likewife good against the Pestilence.

Daink in febers : This is most excellent in hot and continual Fevers, viz. boil a handful of the Leaves of Rue in fair Water till it tafte very strong of it; strain it, and add an ounce of beaten Licorice, and two ounces of Sugar; to half a pint of this add ten drops of Spirit (not Oil) of Vitriol, and use it for an ordinary Drink, and it will allay and drive out the Heat that

occasions the Fever.

Dzink, Another: Take half a pint of Small-beer, half an ounce of burnt Harts-horn; pouder it, and boil a little in the Liquor, and it will fortifie the Heart, and expel the Heat-

The usual way of making the Harts-horn Drink, is thus : Take Harts-born burnt White, and in fine Pouder, one ounce; fair Water three quarts: boil till one quart is consumed ; then Grain out through a double Cloth; add to it a little Sack, Whey, and specten it with five or six ounces of double refined Sugar. please, you may (after it is (weetned) put in the Yellow of one whois Lemon-Peel, to give it a pleasing flavour, which may be kept in the Drink all the While. it is drinking.

Dzink foz Malignant febers: Take Spring-water a quart, give it a walm or two. put into it an ounce of burnt Harts horn; the mixture being cold, put in three ounces of Syrup made of the Juice of Lemons; shake them well together, and take a quarter of a pint both Morning and Even-

ing.

Daink foz Bead-Pains : Take of the Leaves of Senna one ounce; Cinnamon, Anifeeds, Fennel-feeds and Currans, of each a dram; Licorice two drams; Rofemary and Sweet-Marjoram a handful; fhred and bruife thefe. and flice in three or four new Figs, boil them in three pints of Water, with an ounce of Sugar, till a third part be confumed; then ffrain it. Dose to the weak is about two ounces; but for stronger Bodies, from two to four ounces.

Note, If the Head be pained, pained, and the Body bound, endeavour, the first thing you do, to open and render it soluble; otherwise the ascending of Vapours to the Brain will so disturb the Head, and distemper it with Heat and Pain, that Lightness of the Head, Phrensies, or raging Madness may happen to enfue, if not timely prevented.

Drink correcting tharp Damours: Take an ounce of choice Barley, wash it very clean, then boil it in a quart or more of Spring-water till the Grains begin to burst; then strain the Decoction through a Cloth, and drink it for your ordinary Drink at Meals.

Daink for the Scurby:
Take two handfuls of Marsh
trefoyl, and suffer it to work
in about two gallons of Wort;
use it for all or the greatest
part of your ordinary Drink,
and it will purge out by gentle
breathing Sweats the noxious
Humours that occasion the Distemper.

Take five pints of fair Water, half a pint of Honey, fix Figs, an ounce of Blue Currans, two draws of Licorice; boil them to the confumption of a pint, and drink half a pint of it Morning and Evening pretty hot. This brings away tough Phlegm, cures the phlegmatick and slimy Cough, and remedies Shortness of Breath.

Dropfic: Take the Roots of Gors, i.e. the Furz-bush,

(it groweth upon Hills and Heaths, and is full of Prickles and yellow Flowers) pare off the outward Bark, which throw away; then scrape off the inder Rinde, and fill a pint Bottle with it lightly; then fill it up with Rhenish or White-wine; let it stand to insuse all Night, the next Morning drink a glass-ful of it, and continue it till you are cured.

But you ought to purge every fourth or fifth day with thele Pills. Take fine Aloes, Cambogia, Sal Nitre of each 10 grains; Coloquintida in Pouder 5 grains: mix and with fair VVater. make Pills for one Dofe. Thele Pills are better: Take fine Aloes. Cambogia, of each 8 grains: Coloquintida, Turpethum Mineral, of each 5 grains: Sal Nitre 15 grains: all being in fine Pouder, with fair Water make a mass of Pills for one Dose: but these are to be given to one of a very frong Constitution.

Deopmost = Boot, its Vertue: A Decoction of it provokes Urine, and expels Gravel, cures the Heat of Urine, and removes the difficulty in making it. The Juice of the Root, and the Pouder, are held to be fuccessful in the Falling-fickness. The Dose is a dram of the Pouder or Juice of the root in Wine. It's excellent in stopping Fluxes. It heals the Ruptures of the Belly, and cures the Bloody-flux.

Ducks = Meat : It fwims

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on the Tops of Ponds, mostly in Summer-time; it helps Inflammations and St. Anthony's Fire; as also the Gout, when applied Poultife-wife with Barly-meal. The distilled Water of it is good against Inflammations inwardly, and Peftilential Pevers. It removes the Redness of Sore-eyes, and the Swellings of the Breafts of Women, if apply'd before they be grown too large. The Herb fresh, easeth the Pains of the Head, if caused by Heat or hot Inflammations.

Duck Boafted : Having roafted your Ducks very well, get ready in the mean time the boil fome Onions fliced very thin in a little ftrong Broth, put thereto a little Gravy, and fome drawn-Butter: but the best and general way for all Wild Fowl; is to boil up the Gravy with an Onion, a little Nutmeg and Butter. For Water-Fowl, it is Cuftomary to boil up fliced Onions in strong Broth, with Gravy, and a little drawn-Butter.

Ducks or attigeons friagacy's; Quarter them first, race them, beat them with the back of your Cleaver: having dried them well, put them into a Pan with Sweet-Butter: Fry them: when they are almost fryed, put into them a handful of minc'd Onions, some little Thyme; after put in some Claret-Wine, with some thin slices of Bacon,

and some Spinage and Parsly boiled green, and minced smalls when it hath fryed a little while, break in a Dish three Yolks of Eggs, with a grated Nutmeg, and a little Pepper, put these into the Pan, then toss it up with a Ladleful of drawn-Butter; pour on your Lair, and let your Bacon be on the top of your Duck.

Duck or Mallard-Ppe: Take two or more Wild-Ducks or Mallards, and feafon them very well with Pepper, and Cloves beaten; fome Salt and a little Nutmeg, lay them in a deep Coffin with store of Butter, and two large Onions minced small; when baked, liquor your Pye with Butter, only, or with an Anchovie.

Ducks, Wigeons or Ceal to Boil : First half Roaft them, then take them off, and put them in a shallow broad Pan that will contain them, with a pint of Claret-Wine, and a pint of firong Broth, twelve Onions cut in halfs, a faggot or two of Sweet-Herbs. with a little whole Pepper. and fome flices of Bacon: cover your Pan, and let them flove up, add Gravy to part of the Liquor at last, so much as will ferve to dish them : garnish them with Bacon and Onions if you pleafe.

Dulness of Bearing: Take the Juice of Red Onions, and drop it into the Ears, stopping them with Cotton-wool; or the Juice of Briony - root,

but

but not too often, nor too much at a time; and the Obfiructions, by this means, being opened and removed, the Hearing will be recovered and restored.

Dumplings: Take Flower and temper it very light with Eggs, Milk, or rather Cream, beaten Spice, Salt, and a little Sugar, then wet a Cloth in hot Water, and flower it, and fo boil it for a Pudden, or else make it pretty stiff with Flower and a little grated Bread, and so boil them for Dumplings, then butter them, and serve them in.

Dysentery: For this Disease, which many times proves very dangerous, Take the Dung of a Pig, dry it very well, and burn it till it becomes grey, in Ashes; put about half a dram of it into a spoonful of Vinegar, and drink it both Morning and Evening, and it will remove this Distemper.

Or this: Take the Herbs

and Leaves of Fleabane, dry it by degrees, till it be reduceable to a Pouder; take about a dram of it twice or thrice a day in White-wine, or you may take it rolled up in Conferve of Roses.

This is a singular Experiment: Take Catechu, Jesuits-Bark, both in fine Pouder, of each half a dram: Opium dryed and made into a fine Pouder, one grain: mix them for a Dose. It never fails, being taken every Night going to Bed in a Glass of Ale or Red-Wine, for fix, eight, or ten Nights, more or less, as occasion requires. For such as cannot take the Pouder, you may make the following liquid mixture. Take Tincture of Catechu (made in common Brandy) half an ounce. Tincture of Jesuits-Bark (made in half Red - Port - Wine, half Brandy) two ounces : Liquid Laudanum, from ten to twenty drops, mix for a Dose, to be given in a glass of Red-Wine every Night going to Bed for eight or ten days more or less, &c.

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you perceive any Apoflem breeding in the Ears; To ripen it, take fine Wheat-flower an ounce and half, Fenegreek feed, Goofegrease, Litharge of Gold, Ceruse and Frankincense, of each one dram; mix them together, and make a Plaister of them; lay it all over the Ear, having first dropt in some Oil of Myrrh: when 'tis ready to break, take Sarcocolla, Aloes, Dragons-

Dragons-blood, Myrrh and Frankincense, the Dross of Iron and Verdegrease, of each half a dram; mix them with Vinegar to a thinness, dip a Tent therein, and put it into the Ear.

To do this, that they may be kept for any use, you must only slit them down the middle, wash them well in Whitewine or White wine Vinegar; then dry them in the Sun, and put them up into dry Boxes to make Pouders, or for other Uses upon occasion.

thony: The Decoction of it, when rasp'd or made thin in Shavings, is approv'd in Convulsions, if it be drank

fweetned with Honey.

Eels to Collar : Take a large filver Eel, take out the Back Bone, dry and feafon it. after its having been washed, with beaten Nutmeg and Salt, then cut off the Head, and roul in the Tail, being featoned in the fides; bind it up close and Araight in a fine white Cloth, then put it into a fit Pipkin, with as much fair Water and White-wine, as will cover it upward of two Inches, of each a like quantity: then feafon it with some Salt, and the Eel being put into the boiling Liquor, when it is boiled pretty tender, take it up; and when the Liquor is almost cool, put to it a little Vinegar, and make a Souce of it, adding iome Blades of Mace, and a

few Bay-Leaves, and Tops of Rosemary; and when you intend to use it, take it out of the Cloth, pare it, and dish it up: place a Sprig of Rosemary in the middle of it, and boil up the Liquor it was boiled in to a Jelly, by adding a little Isinglass, and so serve it to the Table.

Cels, Court-fashion, to Bake : Cut your Eels, being washed, stripped, and well cleaned, into convenient lengths, have a convenient earthen Pot, or Vessel, that being put in, they may stand end-ways; and put to them a spoonful or two of Water, with fome chopt Sage, Marjoram, Thyme and Rofemary-Tops, with a little Pepper, Garlick, or Shalots, fmall bruifed; and when they are enough, beat up some Butter with Claret, White-wine, and the Liquor that comes from them, and laying them in order in a fair dish, serve them up.

Ecls to Boil: Take them and draw, fley, and wipe them clean; having cut them in pieces, boil them in White-wine, VVater, Oifter-Liquor, large Mace, three or four Cloves bruised; Salt, Spinage, Sorrel, Parsley, grossy minced; an Onion, Pepper, and an Anchovy: dish them up in Sippers with their own Broth, beating up a Lear with good Butter, Yolks of Eggs, with slices of Lemon, and some

Lemon-Peel.

Cels Bah'd: Take two or three large Eels, bone them: when they are drawn and wash'd, mince them; then feefon them with fome Cloves and Mace, and put to them Stewing Oysters, an Onion cut in four quarters, and a little White-wine : stew them with these and an Anchovie or two on a gentle Fire: then ferve them up on fine carved Sippets, the Dish being garnish'd with some slices of O. ranges; run them over with beaten Butter, the Yolk of an Egg or two, grated Nutmeg, and the Juice of an Orange.

Take about eight filver Eels of a middle fize, cut them into convenient lengths; beat half an ounce of Cloves and Mace, scrape two Nutmegs, and put in a quarter of an ounce of Pepper; then take a quarter of whole Mace, break it into little sprigs, strew it on with Salt; and add two pound of Butter, placing it under and above the Eels in thin slices.

Make your Past, and roul it thin, and lay it into your Baking-Pan; then take great Eels and fley them, gut, and cut them in pieces, wash and dry them; then lay some Butter in your Pye, and season your Eels with some Pepper, Salt, Nutmeg, Cloves and Mace, and lay them in; then cover them all over with Great Oysters, and put in three or

four Bay-Leaves, then put in more of your beaten Spices and Salt; then cover them well with Butter, and put in two or three spoonfuls of White-wine; so close it, and bake it, then serve it in hot to the Table.

Cel to Boaft : Take a large filver Eel, draw off the Skin, and cleanse it well: then take a handful of Thyme, and Winter-Savoury, Marjoram, Rosemary and Sage; thred them, and bruise them small: incorporate them with about half a pound of Sweet-Butter, and a little grated Nutmeg and Mace; stuff it into the Eels Belly, fow it up lightly, and then draw the Skin over him: prick it full of holes, to prevent breaking, so tie it to a Spit and roaft it; faving what comes from it, to be beaten up with fome Butter and Claret for the Sauce.

Ecls Spitchcekt or Bootle of: Take a pretty large Eel, fplit it down the Back, and joint the Bone, but leave on the Skin, and cut it into four pieces of equal bigness; falt and baste them with Butter and Vinegar, broil them on a gentle Fire; and being well broiled, serve them up with beaten Butter and Juice of Lemons, and garnish'd with Sprigs of Rosemary.

drawn and wash'd them, place them round or in pieces; then with a quart of White-wine, a

pint

pint and a half of Wine-Vinegar, and a quart of Water; fome Salt, and a handful of Rofemary and Thyme bound hard up, letting them boil before you put in the Eels; let them take a walm or two, and fo put to them fome whole Pepper, and a few blades of large Mace; and when boiled, dish them with some of the Broth, beat up thick with But ter; place Sippets, fliced Lemon, Barberries and Grapes about the Dish, and so ferve them up.

To do this, You must cut the Eels in pieces at moderate lengths, and put them into your Stew-pans, with Whitewine, Butter, Parsley shred, and some Capers; a few Chippings of Bread, to allay the Sauce and when all is enough, serve it up: and if you please, you may make a white Sauce to it with Whites of Eggs and Verjuice, or White-wine and

Vinegar.

Tels, Another way: Cut two or three Eels into pieces of a convenient length, fet them endwise in a Earthen-Pot, and put in a spoonful or two of Water; and to them put some Sage, Thyme and Winter-Savory chopt small, season them with Salt and Pepper, and so fet them in the Oven, and serve them up with a Sauce of Butter, Mace, Nutmeg, Verjuice, and the Herbs baked with them.

Wels Fricacy'd : middling fort of Eels, fcour them well, and cut off the Heads, and throw them away; then gut, and cut them in pieces, then put them into a Frying-Pan, with fo much White-wine and Water as will cover them; then put in whole Spice, a bundle of Sweet-Herbs, and a little Salt, let them boil, and when they are very tender, take them up and lay them in a warm Dish; then add to their Liquor two Anchovies, some Butter and the Yolks of Eggs, and pour over Thus you may make Fricafies of Cockles Shrimps or Brawns; garnish your Dish with Lemon and Barberries.

Eglantine: The Vertues of the Flowers are Astringent, for which reason they are used with Success in Fluxes of the Womb: the Fruit is in high esteem for its Lithontriptick Vertue; the Heads being ripe, afford a Pulp of a very pleasant fharp Tafte, which fome reckon good in Fevers, or to sharpen and restore lost Appetites. The Conserve of it, is good against Spitting of Blood, and the Scurvy. The Root boiled in White-wine, and inwardly and outwardly applied. heals the Bitings of Mad Dogs. The Alhes of it cure the Hear of Urine, and kill Worms.

Take the Conferve of Hips and Wood-forrel, of each one ounce; Cream of Tartar a

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dram; Conserve of Barberries half an ounce; and with the Juice of Lemons and fine Sugar, make these into an Electuary, and thrice a Day take the quantity of a small Nut. It is excellent in allaying the Heat of Fevers, and Cooling the Blood.

Eggs with Anchobies : Break twenty Eggs in your Butter in a Dish, as at other times, and fet them on Coals, then take eight Anchovies, and dissolve them in fix spoonfuls of White-wine, and pour them into your Eggs; then having one handful of Pistaches beaten small in a Mortar, put them into your Eggs with a quarter of a Pint of Mutton Gravy: if you please, you may leave out your Whitewine, and dissolve your Anchovies in Mutton-Gravy: let not your Eigs be too fliff; then having a Dish full of Toasts, cut into large Sippers, lay your Eggs by spoonfuls on the Toasts, or else dish them otherways, with the Toasts about them, on the Brims of the Difh.

Egg=Cauble: Take a pint and half of Ale, put it over the Fire, and scum it; then put in four Blades of large Mace, a sliced Manchet and Sugar, the Yolk of Eggs disfolved in Claret, let it boil a little for use.

Eggs fricasted: Take twelve Eggs, Cream, Sugar, Nutmeg, Mace and Rose-wa-

ter; then pare and take out the Cores of some good Apples, slice them very thin into the Pan, and fry them in Sweet-Butter; and when they are enough, take them up, and fry half the Eggs and Cream with more Sweet-Butter; then put in the rest of the Eggs and Cream, and lay the Apples round the Pan, and the Eggs that were first fryed uppermost. Dish them on Plates, and put to them the Juice of Oranges and Sugar.

Egg-Paftes, or Flozenting: Make up a Paste of a little Flower, and fome Water and Salt; or if pou please, make use of a finerPaste, spread it abroad, cut it into Morfels, raise the Border's of each piece to make as many little Pyes as you have Pieces: beat a fresh Egg into each of these Pastry-Coffins, season them with Salt, Sugar, and a litle beaten Cinnamon, after which put on their Lids, and cause those little Pyes to be moderately baked, or fryed in fresh Butter and you must have a Care to give off Frying them before your Eggs are too much hardened.

Egg=19pe: Take the Yolks of eight or more hard Eggs, and fired them small with their weight of Beef-Suet, minc'd very small; then put in one pound of Currans, four ounces of Dates, stoned and sliced; some beaten Spice, Lemonpeel, Rose-water and Sugar,

and a little Salt, mix them well together; if you please, you may put an Apple shred small, fo fill your P es and bake them, but not too much, ferve them to the Table with a little Wine.

Eggs to Poach : To do thefe the best and surest way, Take a dozen of new-lay'd Eggs, and the Flesh of four Partridges, or other Fowls; mince the Flesh small, and feason it with a few beaten Nutmegs, Cloves and Mace. adding a Ladle-ful of the Gravy of Mutton, wherein two or three Anchovies are disfolv'd: then fet it a stewing over a gentle Fire, and when it is half stewed, and boiling up, break in your Eggs one by one, putting away the better half of the Whites: make a place in your Dish of Meat, and therein put the Yolks of the Eggs round in order among it; fo fet them to flew till your Eggs be enough, taking care they harden not; then grate in a little Nutmeg, and the Juice of a couple of Oranges, but none of the Seeds: wipe the fides of the Dish, and garnish it with slices of Oranges and Lemons, and a little Pepper, Sugar and Salt.

Eggs to Doach, Another : Fill your Dish with toasted Sippets, put to them half a pint of Tent, grate a Nutmeg on them, your Eggs being rarely done, and drain'd clear from the Water by a

little false Bottom, or Spoon made for that purpose, lay them on your Sippets and Wine, being moderately

warm, ferve them up.

Gaas Doach'd. Another: Boil Vinegar and Water together, with a few Cloves and Mace: when it boils, break in your Eggs, and turn them about gently with a thin Slice, till the White be hard, then take them up, and pare away what is not handsom, and lay them on Sippets, and ffrew them over with plumped Currans, then take Verjuice, Butter and Sugar, beat them together, and pour over and

ferve them in hot.

Eggs Quelquechofe : Break about forty Eggs, and beat them together with fome Salt; fry them at four times on one fide; and before you take them out of the Pan, make a Compound or Composition of hard Eggs; boil fome Sweet-Herbs, finely shred with fome Currans: Then put to them the Eggs, and firew them over with beaten Cinnamon, Almond-paste, Juice of Oranges and Sugar; and dividing them, roul them up like Wafers, and put them in a Dish with Juice of Lemons, and white Sugar: then warm and Ice them over in an Oven with beaten Butter and fine Sugar, and ferve them up as a Dish very admirable and rare.

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Eggs, the Spanish Way: Take about twenty new-lay'd Eggs, break and mix them with a quarter of a pint of Canary; and a quarter of a pound of Sugar, some grated Nutmeg, and Salt; beat them together with the Juice of an Orange, fet them over a gentle fire, keep them stirring till they begin to thicken; ferve them up in a Dish with toasted Manchet and scraped Sugar; fprinkle them over with Orange - juice, Comfits or fweet Wine, having dipt the Toasts before you lay them in the Juice of Oranges, Claret, or White-wine.

Egg=Tart, or Cake : Put into a Tart-Pan about the bigness of an Egg of fresh Butter, and while it is boiling, you must beat five or fix Eggs, add Salt unto them, and the bigness of a great Turky-Egg in grated White-bread, or two spoonfuls of fine Flower, beat all these Ingredients together, and afterwards add unto them two or three spoonfuls of Cream, or Milk, and a little quantity of Sweet Spices, or beaten Cinnamon; after which beat your Eggs once again, and pour them into a Tart-Pan , when your Butter shall be well melted, and half red, cover your Tart-panwith its Lid, upon which you wust lay hot Ashes! and a few Embers, that fo your Tart may be baked on all fides; and when it is throughly baked, ferve up your Tart

very hot: you may if you please grate Sugar on it, and sprinkle it with some Rose-water.

Car-Tanfv: Take twenty Yolks of Eggs, (and strain them on flesh days) with about half a pint of Gravy, on Fish days with Cream and Milk) add Salt and four Mackeroons fmall grated, as much Bisket, some Rose-Water, a little Sack or Claret, and a quarter of a pound of Sugar, put thefe things to them with a piece of Butter as big as a Walnut, and fet them on a Chafin-dish with fome Preferv'd Citron, or Lemon grated, or cut in fmall Pieces, or little Bits, and some pounded Pistaches, being well butter'd, dish it on a Plate, and brown it with a hot Fire-shovel; strow on fine Sugar, and flick it with Preferv'd Lemon-peel in thin flices.

Giver to Dickle, or any or many other Buds of Trees in the Spring, that useth to serve for Spring-Sallets: Give them one or two walms with Vinegar, Salt, whole Pepper, Long-Mace, and a Lemonpeel cut in pieces; then drain them, and let the Buds and the Liquor cool severally, afterwards put them in a Pot, and cover them with your Pickle.

Elber-Mater: Take fome Rye-Leaven, and break it small into some warm Water (let it be a sowre one) for that is best, about 2 ounces or more: then take a Bushel of Elder-berries

beaten

beaten small, and put them in an Earthen Pot, and mix them very well with the Leaven, and let it stand one day near the Fire, then put in a little Yest, and stir it well together to make it rife; fo let it stand ten days covered, and fometimes ffir it; then distil it in an Alimbeck, keep the first Water by it felf, and fo the second, and the third will be good Vinegar: if afterwards you colour it with fome of the Berries. Distil it with a flow Fire, and do net fill the Still too full. This Water is excellent for the Stomach.

Electuary: It is a certain form of Medicaments, Soft; made up of fine Pouders, and thrice their weight of Clarified Honey, or of Pulps, and twice their weight of Honey, or some proper

Syrup.

Electuary Stomathick: Take Barbadoes Green-Ginger a pound, slice it small, and beat it to a Pulp, to which put Pulp of Tamarinds half a pound, or Syrup of the Juice of Citrons or Lemons, three quarters of a pound: mix them: Dose as much as a Walnut 3 or 4 times a day.

Electuary for Distributions: Take Cinnamon, Mace, the Roots of Asarabacca, Spikenard, Mastick and Sassron, of each an ounce; unwash'd Aloes twelve ounces: clarify'd Honey eighteen ounces: make these up into an Electaury. It powerfully opens Obstructions, yet purgeth but gently,

and greatly cleanses the Stormach. The Dose is from two to three drams.

Electuary Durging: Take Rhubarb an ounce, bring it into Pouder; then in a Marble or Glass Mortar, put about half a pound of Currans clean pick'd and wash'd, and bruis'd as small as may be, strewing and incorporating the Pouder of Rhubarb with them; and of it take in the Morning fasting as much as an ordinary Walnut. This is good for Pains and Gripes, and especially Worms in Children.

Elixir for the Bead: Take Misleto that grows on the Oak, Piony - roots, and the bigger Valerian, of each an ounce and, an half; Laurel, Juniperberry, and Piony-feeds, of each an ounce: Cinnamon, Mace and Cubebs, of each three drams; Flowers of Rofemary, and Lavender, of each a handful: bruife what is to be fo bruifed, and macerate them together twenty four hours in the Wine of Black-Cherries and Juice of the Lily of the Valleys, and Spirit of Wine re-Stiffed, of each twenty four ounces: then having distilled them, dissolve in the Water a pound of the best white Sugar, and a dram of the Tin-Eture of Ambergreafe : keep it close stopped.

Clirit Diopticatio: The new way to do this, is to take Saffron, Myrrh and Aloes, of each half an ounce: the recti-

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fied Spirit of Wine very near three quarters of a pint; Spirit of Sulpur per campanam, half an ounce: draw, in the first place, a Tincture from the Saffron into the Spirit of Wine, by infusing or digesting it fix or feven Days: then add grofly bruifed Aloes and Myrrh, and the Spirit of Sulphur; digest them in a long Vial well stopped for the space of thirty Days, but keep it frequently shaking; then you will find a black Tincture on the faces, pour that off, and let it stand still for twelve hours, and so decant it till you find no faces at the bottom. The Dose is fifteen or twenty drops in a Morning, in a glass of Wine, or fome convenient Liquor.

This Elixir is Stomachick, Anodyne, Alexipharmick, and Uterine. It has great fuccess in Tertian Agues, and may be safely given to all Ages and Constitutions. It alters, eva-

cuates and firengthens.

Clirit Salutis: Take of the Leaves of Senna, four ounces; Guajacum and the Roots of Elecampane dried, of the Seeds of Anife, Caraways and Coriander, of each two ounces; of Licorice two ounces; Raisins of the Sun stoned haif a pound: infuse them cold in three quarts of Aquavitæ, or some other good Spirit of the like Nature, not too strong, for the space of sour Days: draw it off, and

If it proves an bottle it up. excellent Cordial, you may, if you would have it somewhat more Purging, put a few flices of Rhubarb into it. It is good in the Colick, or any Pains of the Belly; also it cleanses the Stomach, and disfolves the Stone in the Bladder or Kidneys. It brings away the Gravel and Stone. Two or three spoonfuls are a fufficient Dose for an ordinary Constitution; and so more or less, as it can be borne.

. This is the Common Receipt of it; but it will be much better, if it be made with the following Particulars and Proportions: Take choice Sena 16 ounces: Elecampane dryed, Licorice, Anifeed, Juniper-berries, of each 6 ounces: Aquavitæ a gallon : mix, digest a Week, strain, and then dulcifie it with a Simple Syrup of Licorice. Or you may make it thus with Jallop. Take Alexandrian Sena 12 ounces: pouder of the best Jallop one ounce : Aniseeds, Juniper - berries, Licorice, campane (all bruised) of each 2 ounces: Aquevitæ a galion: mix, digest 10 or 12 days, then strain, and dulcifie it with Syrup made of double refined Sugar. You may give from 3 spoonfuls to 6 more or less, according to Age and Strength.

Elecampane = Boots to Declerbe: Take the Roots, wash and scrape them very clean, cut them thin unto the Pith the length of your little Finger; as you cut them, put

them

them into Water, and let them lie therein3odays, shifting them twice every day, to take away their Bitterness; weigh them and to every pound of Roots you must add 12 ounces of clarified Sugar; first boiling your Roots as tender as a Chicken, and then put them into your Sugar aforesaid, and let them boil upon a gentle Fire, until they be enough, then let them stand off the Fire a good while, and betwixt hot and cold, put them for your use.

Elecampane to Candy: Take of the fairest Roots, take them clean from the Syrup, wash the Sugar off, and dry them with a Linnen Cloth; weigh them, and to every pound of Roots, you must add a pound and three quarters of Sugar; clarifie it well, and boil it to the height of Manus Christi; and when it is fo done, dip in your Roots, three or four at once, and they will candy very well, so stove them and keep them all the Year

for your use.

Elme: The Leaves, Branches and Bark of this Tree are Astringent. The Leaves bruifed with Vinegar, stop Bleeding; and applied to fresh Wounds, facilitate their Cure; as also boiled in Vinegar very strong, they much avail in the Leprofie. The Bark of the Sprigs younger boiled in Spring-water almost to the Confistence of a Syrup, and a third part of Aquavitæ mixed with it, is an excellent Remedy for the Gout in the Hip, if the Part affected with it be fomented before the Fire. The Water in the Bladders on the Leaves, clears the Skin. and mends the Complexion. Cloaths being wet in this Water, and applied, helps Burstenness in Children, the Bowels being at the fame time

kept up with a Truss.

Take of the Bark of Elme fix drams, Red Roses half a handful. Raisins of the Sun stoned twenty: boil them in a fufficient quantity of Water to a pint and half; dissolve in it Honey of Roses, and simple Oxymel, of each two ounces. It is an excellent Gargarisme for Inflammations, and in hot Difeases that dry and parch the Mouth or Throat, or in fuch as afflict them with too much Phlegm and flimy Matter.

Endibe = Water : This is an excellent cooling Water to mix with cooling Syrups, and to give in Fevers and hot Difeases: It allays hot Inflammations and the Heat of the The Herb eaten in Sallads raw or boiled, refifts Choler. It prevents breaking out, that deforms the Body with Pimples and Redness, and frequent flushings of the Face.

Enula Campana; see Elecampane.

Entlepfie: Children, it is observed, are many times troubled with the Falling-Sickness, either during the first Month after a Loofness, (in which case, Diacodium Solidum to the quantity of three Pepper Corns diffolved in Saxifrage-water, or the Woman's Milk, is given with fuccess,) or about the time of their breeding Teeth from the 7th, to the 10th. Month: it is accompanied with a Cough, or, what is worfe, Vomiting and Loofness, voiding green Excrements: In this case apply a bliftering Plaister, as soon as may be, to the hinder part of the Neck.

Take of Langius's Epileptick Water three drams, Liquid Laudanum two drops, or more, if the Child be ftrong; Syrup of Peony one dram: mix them for a Draught, which must be rrefently given: or, Take of the Water of Rue three ounces, Langius's Epileptick Water, the Compound of Briony-Water, of each an ounce; Syrup of Gilliflowers half an ounce. Of these well mixel together, make a Cordial or Julep, and give a spoonful every Hour, if the fore-mentioned Draught has not discussed the Paroxyim.

The Specifick that Authors most commend in this Case, is the Volatile Spirit of Vitriol, which is that Volatile, and which comes forth first in Distillation, before the Corrofive Oil arife.

Errhine: To clear a ftuf'd Head and Stopped Nostrils, which makes the Patient to breath only through the Mouth. Take Whitewine a quart; dissolve in it of pure Nitre an ounce; of this let the Patient |nuff up their Nostrils pretty warm, letting it come out at the Mouth again. fo long till about half a pint is passed through this passage: and to do this Morning and Evening so long till the stoppage is removed, which will be in some little time: this is if the Obstruction is very great. But if the Obstruction is less, and not stubborn, let the Patient dissolve an ounce or more of Nitre in a quart of New Milk, or in a quart of Water, and use it in like manner warm as before, it will do Wonders. You may put either more or less of the Nitre, into that quantity of Liquor named, according as the Patient is able to endure it, whether stronger or weaker.

Eringoes, otherways called SeatHolly: It forces Urine and the Courfes, expels Wind, helps the Jaundice, and eafes the Gripes in the Belly and Stomach. The Roots candied are reckoned among Sweetmeats as very wholfom and pleafant, and are good Prefervatives against the Plague, contagious Fevers, and infe-Ctious Airs: Those that have the Confumption, would do well to eat them often. The Roots candied, cure the Gonorrhœa, and prove advantagious in contributing to the

Cure

Cure of the French-Pox. Some hold that being stamped and applied to the Bellies of Women, they prevent Abortion.

Eringo - Boots to Deeferbe: Take one pound of them, fair, but not knotty, wash them clean, so done, set them on the Fire, and boil them very tender, peel off their outermost Skin, but break them not; and as you pare them, put them into cold Water, let them remain there until all befinish'd: you must add to every pound of Roots three quarters of a pound of clarified Sugar, and boil it almost to the height of a Syrup, then put on your Roots, but look they boil very gently together, with as little stirring as may be, for fear of breaking, until they be enough: when they are cold, you may put them up, and keep them for your ufe.

Eringo-Boots to Candy: Take and boil them pretty tender, peel, pith, and lay together; take their weight in Sugar, and put it in as much Water as will melt it, then put in your Roots, and let them boil foftly, until fuch time as the Sugar is confumed into the Roots, then take them and turn them, and shake them until the Sugar be dried up; then lay them to dry on a Lettice of Wire till they be cold: after this manner you may Candy any other Roots.

Griffpelas : This is a very

strange Distemper, for all parts of the Body, with the Face especially, are swollen red, and full of Pains, overspread with little thick Pimples, which sometimes rise into Blisters. and the Eyes feem to be clofed with the Swellings, Coldnefs, Shivering, and the like. In this case, take of Lily-roots and Marshmallow - roots, of each an ounce; Camomilflowers, Elder and Base Mullein, Melilot, the Tops of St. John's-wort, and the leffer Centaury, of each a handful; Fenugrekseed and Linseed of each half an ounce; boil them to three pound in a quantity of Water, fufficient to do it; strain out the Liquor, and when you design it for use, add two ounces of the Spirit of Wine, and in this Water so strained out, dip pieces of new Flannel, and having fqueezed them, apply them hot, often anointing the Parts so grieved after fomentation, with the following Direction.

Take half a pint of the Spirit of Wine, Treacle two ounces, Long-pepper and Cloves in Pouder, of each two drams; make these, by mixture and infusion, as strong as may be; and being strained, dip Cappaper into the Liquid so strained, and apply it wet and warm to the afflicted part; and for the more speedy Remedy, the Party may take a Clyster of Milk with Syrup of Violets, and cooling Emulsions and Juleps.

An experienced Remedy for this, is, the Blood of a Hare, best in March, but at other times may serve: Take it hot if you can, and anoint the Place infected with it; otherwise apply a Linnen Rag, that has, though a good while since, throughly imbibed the fresh Blood, and dryed in the Air; but if it be too hard or stiff, soften it with a little fair Water, the cold taken off.

I am not for fiery bot Medicines in the Cure of this Disease, because it proceeds from a hot fiery and Cholerick Humour. Things moistning and moderately cooling or temperate quest to be applied, as an Embrocation, or fomentation of a decoction of Mallows with Oil of Sweet-Almonds: a Cataplasm made of White-bread and Milk, (without any Oil or Fat for that Uncluary, fat things are apt to stop the Pores and inflame) is good, because it opens the Pores, and causes the fiery matter to transpire. Hensicius applies Castile-soap, disfolved in fair Water: He also applies a Cataplasm of Bulls or Ox-dung, boiled with Vinegar in a Frying-pan, adding Camomil and Elder-flowers, boiling to a Consistency: and he has a third Medicine, which is Frog-spawn-Water 2 ounces, mixed with Rofe Vinegar I ounce, in which he difsolves a little Myrrh. The Juice of Horse-dung is not only good in this case, but also for Scaldings and Burnings, if a little Cam-

phire in Pouder be added to it: And among all the rest, nothing exceeds Bulls-Blood to be anointed upon the Place affected, for it powerfully resists the increase of the Difease: And the Ceratum infrigidans Galeni is also of good use to lay over the place affected thus made. Take Oil of Rofes a pound; White wax 4 ounces: mix them: but if boiled up with Juice of Nightshade, it will be so much the better. Things fat, oily and greafy, as also Narcoticks and Repercusfives, viz. things cold and dry are to be forborn, lest a Gangreen ensues. See the Cure of this Disease in my Ars Chirurgica. lib. 3. cap. 17. now published.

Cuttlebone uncalcined, fcrape off the outside, or that which is coloured, dry the white part, and beat it to Pouder very fine, and take half a dram in a spoonful of Mallow-

Water.

For outward Application, nothing is better than an Ointment made of Pilewort-roots, or the same Ointment mixt with a proportional quantity of Quickfilver.

Excortation: This is when the true Cutis is affected; then Take Prunella, called in English Self-heal, bruise it well in a Mortar of glass or stone, and apply it to the Part afflicted, renewing it but seldom, and sometimes not at all.

Again, Melt Mutton-Suet

of the Kidneys, freed from Fibres or Strings, two ounces; add by little and little fixteen or eighteen drops, though in imall Matters eight or ten may ferve, of Oil of Turpentine; fpread the Mixture on a Linnen-Cloth, and apply it to the Part afflicted by binding, or otherwise.

Expectoration : This is defigned to ripen Coughs, and To do it, dissolve Phlegm. Take hard Onions, fry them with Sweet - Butter, or first with a little fair Water, to take away their Tafte; then take them out of the Pan, and boil them with new Milk till it be well impregnated with them, and they become tender: Mash them together, and for your better Accommodation, you may scrape among them fome Sugar-Candy, it matters not whether white or brown, and put it up in a Gallypot, taking Night and Morning two or three spoonfuls.

Epes Bliftered : Take Saffron half a dram, the Juice of Sloes a scruple; mix them with Rose-water, and beat them into as fine a thinnels as you can with the White of an Egg, and drop a little of it into the Eyes, and anoint the Eye-lids w thit when you go to Bed.

Epebright: It chiefly helps and strengthens the Sight, and cures fuch Diseases as are incident to the Eyes. The distilled VVater wonderfully

strengthens the Sight, and the Juice is very good on the like account. Divers knowing Oculifts order the Parties, whose Sights are defective, to use this Herb in Sallads, and in their Broths, and Drink.

Ere Bruifed : Take Bettony and Eye-bright Water, of each a spoonful; drop three or four drops of clarified Honey into it, then shake them together, dip a fine Rag or Cotten into it, and lay it to the Part grieved. .

Epes Burnt or Scalded : Take Mucilages of Quincefeed, Fleawort, Linfeed and Fenugreekfeed, of each a scruple: mix them and apply it

to the Part.

E pes to Cure : If the Eyes be dull, cloudy, or specks, spots, or films begin to appear on them, Take Paracelfus, bethum Occidentale) Human-Dung of a good colour and confistence, dry it by degrees moderately, till it be capable of being reduced to Pouder, then pouder it and fearce it very fine, a little of which must be blown once or twice a day into the Eyes, as the nature of the defect requires; then keep it in for a time by closing the Lids, and fo wash it off with Eye-brightwater.

Take Crystal calcined and Levigated upon a Porphyry to a subtil Pouder, one ounce: clarified Honey two ounces: mix them, and put thereof into the Eye Morning Morning and Night, it romoves Films, Pearls, Clouds, Spots, and other external Blemishes of the Eye: The same thing will Flints calcined and Lewigated do, being u-

fed in the same manner

Types foul, a Water: Take prepared Pearl and Coral, of each a scruple; Aloes finely poudered three grains, red Rose-water and Succory, of each an ounce, mix them well: and if you would have the Mixture stronger, put in a few grains of Trochisci Albi-Rhasis in very fine Pouder, and wash the Eyes with it as you see occasion.

that: Boil a new-lay'd Egg hard, cut it in halves without taking out the Yolk, and apply one of these considerably warm, but not too hot, to the Eye grieved; and keep it on, if need requires, six or eight hours, and it will draw away the Heat: or you may make a Poultis with it and rotten Apples, and apply it in the

'fame manner.

Juice of a rotten Pippin; fome Hen-dung, that of it which is the whiteft; beat the White of an Egg very fine, burn the Hen-dung to Pouder, put the Apple-juice to the White of the Egg; add Loaf-fugar finely fcraped: and having well mixed them together, dip a Feather in them, and drop a few drops into the Eyes, winking hard to keep it in; and by

often fo doing, you will find the Pain, Redness and Heat abated.

Or This, (especially if the Sight be weakned with the long continuance of the Inflammation, or any other matter,) Pouder very small a whole Nutmeg, so that being dried well, it may be fifted thorough a fine Lawn: add a fmall quantity of burnt Alom and fine Sugar as finely pouder'd: mix thefe together, with 2 ounces of Damask-Rose-Water, and 2 ounces of Choise Brandy; and after it has stood a Day, let the Patient wash their Eyes with the clear Liquor Morning and Evening, also 5 or 6 times a day besides: The Pouder also undissolved may be put into the Eye Morning and Evening.

Epes, an Dintment in general : Take Sheeps-Suet, Oil of Ben, of each an ounce, melt and mix them together; to which add, Tutia prepared fix drams, Lapis Hæmatitis washed one scruple, Aloes wash'd and pouder'd twelve grains, Seed pearl finely pouder'd 30 grains; and fo over a genle fire make it into an Ointment with a little Fen-And in case of nel-water. any grief in the Eyes, you may use it with success by anointing the Eye-lids, and Corners of the Eyes, for pre-

fent eafe.

Eyes Pained: For the extraordinary Pain or Heaviness in the Eyes, Take Flowers of Meliliot, of Elder and

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of Marrigolds, of each a small handful; Linseeds, Fenugreek, Fleawort, Cummin & Quinces, of each half a scruple; French Barley half an ounce, Damask Roses half an ounce, Springwater a pint and an half: mix, boil and strain these well, and with the Decoction foment the Forehead and Temples considerably warm.

Epe-Balbe: Take Starch three quarters of an ounce; Tutia prepared in Rose-water half an ounce; Sheeps-Suet, Oil of Ben, of each half an ounce: melt and mix them well together: anoint the Eye lids, Forehead and Temples with it. It remedies Inflammations, Pains, Wounds and Bloodshot Eyes.

Tutia and white Sugar-candy, of each half a dram: Pouder of Red-Roies a dram and an half, the Crumbs of white-Bread half an ounce; Barley-flower an ounce: make the fe into a Poultis, and lay it to the Eye on a fine Cloth

Spots appear growing on the Eye, Take-fine White-Paper, let it flame away upon a clean Pewter Plate, till so much Oil of the Paper sticks to the Plate as you have occasion for; so blow off the Ashes of the Paper, and with a little of your Spittle mingled with the Oil, mix it with your Finger, or some other convenient thing, into an Ointment; which with a Feather apply

gently to your Eyes once or twice a day, as need shall require, or as you can bear it; for it will make the Eyes smart, but in a little time you will find the benefit of it.

Eyes 18co: Take three grains of Camphire, and a large blanched Almond; incorporate them well by grinding them, and add by little and little two or three ounces of Red Rose-water, still grinding them till the whole be brought to a kind of Emulsion, drop a little of this in the place affected, and it will, by often so doing, ease the Pain, and take away the Redness.

Take Ground-Ivy, fingle Daifie-roots, and Housleek: difiell them, or for want of that Convenience, press out the Juice; dissolve in two ounces of the Water or Juice about a quarter of a spoonful of clarify'd Honey, and suffer them to depurate by residence; then drop it into the Eyes, two or three drops at a time, and continue so doing four or five times a day.

Epe-Mater: Take Gumarabick, Rose-leaves, Saffron, Spikenard, of each a quarter of an ounce; beat them small, and make Cakes of them with Spring-water; and when you are to use it, take a dram thereof and steep it in the White of an Egg well beaten, and wash the Eye with it: and by

often fo doing, it will not only repel the Matter, and confume the Pain, but produce a clearer Sight then usual.

Or, Take Juice of Fennel well clarify'd an ounce, Aloes two drams and a half, Leaf of beaten Gold, mix them well together; then add Myrrh ten grains, and dissolve them in White-wine: mix them all together with Fennel and Rose-water, and drop three or four drops of it into the Eye twice a Day.

This is inferiour to none: Take fair Well-Water a quart ; Brandy half a pint: White Vitriel in Pouder six drams; Roch-Alom in Pouder three drams; Aloes in Pouder a dram and half: Regulus of Antimony in fine Pouder, tied up in a Rag, a dram : mix, diffolve, digest ten Days, then filter, and keep it for use, keeping the Regulus continually in it. takes off Pearls, Films, what soever obfuscates the Sight which is external, stops fluxes of Rheum, and strengthens the Eyes.

Another: Take Red Rofe-Water, and Water of Plantain, of each an ounce : Tu- | ferves the Sight.

tia prepared half a fcruple. Lapis Lazuli prepared fix grains, Red Coral prepared mix and make five grains: them into a Collyrium, or Eye-Water. This dropt into the Eye, being first very well mixed by shaking, wonderfully revives and clears the Sight. provided there be no great foulness nor scrophulous difposition of the Body, or temperament of the Party. takes away the Redness from the Eyeslids, if a Sponge be dipt in it, and often wetted with it: it also takes off thin Skins very eafily.

Epe = Mlater, Another : Take the Flowers of Cornflower, Blue-bottles gathered with their Cups; bruise and infuse them in Water twentyfour hours at the least, then distil them in a moderate Sandheat.

This Water being very Cooling, most effectually cures the Infirmities of the Eyes. especially those that are troubled with Inflammations. Chears, Strengthens and Pre-

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half a dram of choice. Amber, pouder it very fine, and take it . fasting once a day in a quarter | Synopsis Medicina, lib. 2. cap. 4.

Alling-fickness: Take | of a pint of White-wine; for feven or eight days fucceffively.

See the Third Edition of our

and lib. 3. cap. 19. where you may find abundant satisfaction.

Another: Take Olibanum Mastick and Spicknard, of each three ounces; Galbanum and Opopanax, of each half an ounce; Miselto of the Oak an ounce, Amber half a fcruple, Piony feeds half a dram, Labdanum two drams, the Seeds of wild Rue one dram, Nutmeg and Cubebs of each half an ounce; Caftor half a dram; having beaten those that are to be beaten very well, and diffolved the Gums in Oil of Rue, incorporate them with your Hands, or fome convenient Instrument: the Head of the Party being shaven, spread a Plaister of the Composition, and lay upon it, and renew it once in three or four Days: And in fo doing, the afflicted Party will find great ease, and in a little time the Cause of this troublesome and dangerous Diftemper removed.

fats to Deepare: To do
this, that they may be in readiness on sundry emergent
Occasions, Take the freshest of
any of them, take out the lixtle Veins and Fibres, and separate the Fat from the Skin,
then wash it with clear Water till it is freed from Blood;
then mince it very small, or
bruise it. and put it into a
double Vessel to melt; then
strain it into clean Water, and
having remained there till it
becomes cold, drain the Water

from it, and keep it in an earthen glazed Pot in a cool place, though not too moist, and it will keep good for use a Twelvemonth.

But Hogs-Lard is no ways to be kept from growing rank, yellow and offensive to the Smell, but by melting of it whilft it is fresh, and then immediately to put it up into Glass-bottles, and so keep it close stopt, as if it were the best rectified Spirit of Wine; for the Air presently corrupts it: and therefore it is, that I seldom use Hogs-Lard in any of my Prescriptions or Compositions, but a mixture of Sheeps-Suet, and choise Oil-Olive, so much as to bring the Suet to the consistency of the Lard: for this mixture will not in a long time grow rank: and for the richer fort I use Oil of Ben. instead of Oil-Olive, because that Oil of Ben will never grow rank.

fennel or Dill to Dickle: Let your Water boil, then having your Fennel tied up in Bunches, half a dozen walms will be enough; drain it, and let your Pickle be Vinegar.

febers Continual: Make a Decoction of the Leaves of Rue in Spring-Water, or other clear Water, till the Liquor be pretty firong of the Plant; which being firained, make it fomewhat a palatable Liquor, with a fufficient quantity of Licorice, Sugar, or an Aromatick Body, and to half a pint of it add ten drops of the Spirit, not the Oil, of Vitriol, and take it Morning,

After-

Afternoon, and at Night.

Another: Take in half a pint of some convenient cooling Liquor, half an ounce of Harts! Horn burnt to a great whiteness, and poudered, being first bruised a little in the Liquid, and this may be taken as occasion requires.

Another: Apply to the Soles of the Feet a mixture, or thin Cataplaim, made of the Leaves of Tobacco cut and beaten into a moisture with

new Currans.

To take off a Violent Burning Fever upon the Spot, there is nothing like to my Pulvis Antifebriticus, or Fever-Pouder, which do's it to a miracle : you may give it from a scruple to 2 feruples, or a dram, according to Age and Strength, in a glass of fair Water well sweetned with white Sugar, or in half Water half Wine sweetned as aforesaid: I have often taken off the Violence of a Burning Fever in an hour's time, and sometimes in half an hour's time: and I always give it just at the coming of the heat: and at Night also going to Bed, if the Fit was in the Morning : It cures the Plague and all jorts of Malign and Pestilential Fevers: nor did I know any dye of the Plague which I gave it to, if timely given. Price half a Grown an ounce, to be had only at the Mathor's House, at the Blue Ball near Holborn-bridge.

feverfen: This is excellent in the Diseases of the Womb; the Decostion of it

forces the Courses, and expels the After-birth, and do's all a bitter Herb is capable of doing. It is fuccessful in Fevers. by being applied to the Soles of the Feet. Take of it a handful, warm it between two Tiles, and apply it twice or thrice, and it cures a Hemicrania; and the crude Herb applied to the Crown of the Head . cures the Head-ach. A Decoction of it, with the Flowers of Camomile, cures the hysterical Symptoms, and forces Child-Bed Purgations, oc.

fig Tree: The Figs applied outwardly, Ripen, Mollifie, and Attract; being beaten with Salt and Leaven, they break Peffilential Buboes, or other Tumours, in few Days. The Juice of the Fig-Tree is very biting, and may be numbred among Causticks, and may be used for the Cure of Warts, and such-like Excre-

scencies of the Skin.

figs Green to Dickle: Take your Figs about August, cut them in halves, and boil them up in Vinegar, a little quantity of Sugar, large Mace, Cloves, put them up into your Pot or Glass in the same Liquor, they will garnish your boil'd Meat or Frigacies in Winter. This is a very good Pectoral.

figures, its Virtues: The Pouder of the dryed Root applied to Piles, drys them up; it is also useful in Cancers, and eating Ulcers; a dram of

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the Pouder taken inwardly, expells Worms; the Water distilled from the Roots, steeped in Water and Vinegar, cures the redness of the Face : and of thisHerb an excellent Ointment is made for killing the Itch, and bringing away the Scurf of it: The Decoction of it taken inwardly, and the Herb bruifed and Poultifwise applied, disfolves and brings away congealed and clotted Blood: The distilled Water takes away Freckles, Mor-phew, &c. There is a Plaister made of it for the King's-Evil, as follows:

Take the Leaves of wort, Houndstongue, and Foxglove, cut them very small, of each a good handful : Oil-Olive a pint and half: mix and boil the Herbs till they are crisp; then strain out by pressing, and put in the like quantity of fresh Herbs, which repeat the third time, boiling each time till they are crifp, and repeat it till the Oil is very green: then add Sheeps-Suet a pound : Turpentine 6 ounces : Bees-wax 4 ounces: Rosin 2 ounces : purified Verdigreafe 1 ounce : mix and make a Plaister. which spread upon Leather or New Linnen-Cloth, and fo apply it to the Place affected, often renewing it.

It affwages the Swellings, disperses the Humours, not only of the King's-Evil, but of any other Knots, Kernels,

Bunches, or Wens.

filbert : This Garden-

Nut is very pleasant, and used mostly for ferving up at Tables among other Fruits; an Oil is extracted from them that fupples hard Swellings, and is fuccefsfully used in old Sores; but the much eating of thefe breeds the Head-ach, and much Windiness in the Stomach.

films: This is when a thin Skin grows over the Eye, and clouds the Sight. To take it off, Make some Lime - water, by pouring a gallon of boiling Water on a pound of Lime unflack'd, ftirring the Lime in it, and after fome Hours decant warily that which is clear, and to a quart of this Water, put an ounce of choice Verdigreafe in Pouder, and in a very moderate Heat extract a Tincture of a fine, but somewhat dilute faphirine colour, but not tod deep; decant this very warily, and let a drop of this, as often as necessity requires, fall into the Eye, the Party winking hard, and it will shrivel of the Film.

fir-Eree, has its Virtues, mostly confifting in its Rofins. and Turpentines, which in their proper Alphabets you The Branches and may fee: Tops of this Tree are infused in Diet-Drinks, and given for the Scurvy with good Success.

fift to Sauce: Draw your Fish, but do not scale it, save the Liver of it; wash it very well, then take White-wine

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as much Water again as Wine, boil them together with whole Spice, Salr, and a bundle of Sweet-Herbs, and when it boils, put in your Fish, and just before it a little Vinegar, for that will make it crisp; when it is enough, take it up, and put it into a Trey, then put into the Liquor fome whole Pepper, and whole Ginger, and when it is boiled enough, take it off and cool it, and when it is quite cold, put in your Fish, and when you ferve it in, lay some of the Jelly about the Dish-sides, and some Fennel and Sauces, of Vinegar: thus you may do Carp, Pike, Bream, &c.

fits-Apopterick: Fix a Cupping-glass with scarification to the Nape of the Neck, and one to each Shoulder, and let them take fast hold, till they begin to loosen, and they will draw down the afflicting Humour or Vapour from the

Brain.

If its of the Mother: To remody this, dissolve Sea-Salt in Vinegar, and into it dip a soft Linnen Rag, fold it three or four times double, lay it warm to the Soles of the Feet, and keep it on till the Fir be over.

flag, the sweet one: This grows in divers parts of England, and is distinguished from others by its curious Scent. It is chiefly used in Obstructions of the Liver, Spleen, and Courses, also in the Colick; it pro-

vokes Urine: And the Roots of it candied, are of a pleasant Taste, nourishing and grateful to the Stomach, and keeps out evil Airs and Insections; and for this cause the Turks frequently chew it, and the Tartars boil it in their Water, or insuse the Roots of it in cold Water before they drink it.

flax: There is an Oil made of the Seed of this Plant, called Linfeed-Oil, that is very excellent in fundry Medicines, as also alone. It is taken inwardly in the Colick, Quinfie, Pleurisie, and Consumption; outwardly it mollifies hard Swellings, eases Pains, and is used much in Paintings,

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flar, or, will Dinarfflat: This Herb infused in White-wine, after it has been bruised, for a whole Night over hot Embers, purges watry Humours very ftrongly: Take of this purging Flax an handful, of fweet Fennel-feeds ' two drams; boil them in a fufficient quantity of Springwater, adding to every fix ounces two ounces of Whitewine, and it makes a gentle purging Potion, being taken two or three spoonfuls at a time.

Fleas re till: Take Wormwood, Lavender, and Nut-Leaves, and boil them in Vinegar a good while, then fprinkle the Blanket with it, it certainly kills them.

Another: Take an earthen Platter.

Platter, that is broad and shallow, fill it half full of Goat's Blood, and set the Platter under the Bed, and all the Fleas will come into it: Or take the Blood of a Bear or Badger, and put it under the Bed as before: Or take Soap-Lees, and boil two or three Onions in it, let it cool, then sprinkle the Room with it.

flighteen: A dram of the Seed of this taken in red Wine, or Syrup of Sloes, flays Loofnesses, and both the Seed and the Herb help in the Flux of the Belly, and the Bloody-Flux: It is used in Plaisters for Wounds and sordid Ulcers; and some hold, that the Seed boiled in Vinegar, and drank warm, expels Gravel.

flozentine of Carps : Take a quarter of a peck of fine Flower, fweet Butter three quarters of a pound, and fix Yolks of Eggs; work thefe up in the Butter and Flower, and dry them; then put to it as much fair Water as will make it up into a Paste: then take the Carp, scale it alive, and scrape off the time, draw it, and take away the Guts and Gall, and scotch it, season it lightly with Nutmeg, Pepper, and Salt, and lay it into the Past made up into a Pye, in the fashion, as near as may be, of the Fish; put the Milt into the Belly, lay on fliced Dates in halves, Orange or Lomon fliced, Barberries, Raifins,

and Butter; close it up and bake it; and being almost baked, close it up and liquor it with Butter, Sugar, Verjuice, Claret and White wine, and ice it over, and so serve it up when it is hot, and it will prove a very acceptable Ban-

quet.

Florentine of Eggs: To do this, Boil about eighteen Eggs hard, then mince them with two pound of Beef-Suet clean taken from the Skins and Fibres, till it be very fmall; then take a quarter of an ounce of Cloves and Mace, one large Nutmeg; let these be finely beaten or grated with a quarter of an ounce of Cinnamon: then add half a pound of fine Sugar, and a pound and half of Currans, a quarter of a pound of Dates minced very fmall; then mince or bruife very fmall fome choice Lemon-peel, and laftly having mixed all the foregoing things well together, put about a quarter of a pint of Rosewater, and a little Salt in it.

When you have so ordered the Materials, put them into the Oven; let it moderately bake, and then have in readiness this Leer to put to it when it comes out, viz. Heat a little fair Water, and beat up half a pound of Butter with it to a thickness; add a quarter of a pound of Sugar, and the Juice of a Lemon, and so serve

them up upon it,

flozentine with Bare trioge : Your Partridge being roafted and minced small with the weight of the Meat in Beef-Marrow, put to it two ounces of Orange-peel, with as much green Citron fmall minced; feafon the Meat with beaten Cloves, Nutmeg, Mace and Salt, and Sugar, mixing all together, put the Materials into a Puff-past, and open it, being baked, and put in half a grain of Musk or Ambergreafe diffolved in the Juice of an Orange and Rofe water; fir them among the Meat, then cover it, and ferve it up.

Florentine of Marzow: Take the Marrow of four Marrow bones, and cut them into squares like large Dice, add three to a grated Manchet, some fliced Dares, a quarter of a pound of Currans, some Cream, roasted Wardens, Pippins or Quinces fliced, and the Yolks of four raw Eggs; feafon them with Cinnamon, Ginger and Sugar; mingle these well together, and lay them in a Dish on a Sheer of Paste, and bake them; you may parboil four Sweetbreads and Kidneys of Veal minc'd finall, and mix amongst them.

florentine of Bice: Having pick'd your Rice very clean, boil it tender; then lay it in a Difh, and put to it Butter, Sugar, Nutmeg and Salt, with a little Rose-water and the Yolks of fix Eggs, then put these Ingredients on a

Sheet of Puff-Past in a Dish; being half baked, ice it.

flozentine of Conques : Boil and Blanch a fresh Neat's-Tongue, and being cold, cut it into little fquare bits as big as great Hazle-Nuts, lard it with small Lard, then having another Tongue raw, take off the Skin, mince it with Beef. Suet, then lay one half of it in a Dish on a Sheet of white Paper, and lay on the Tongue. being finely larded and featoned with Nutmeg, Pepper and Salt, and with the other minced Tongue, put grated Bread to it, fome fweet Herbs small minced, and Yolks of raw Eggs, and being made up into Balls as big as fmall Washballs, lay them on the Tongue with some Barberries, Marrow, and interlarded Bacon and Butter, close it up with a convenient Lid, and bake it; and being baked, liquor it with Butter beaten up with Verjuice, and the Yolks of three or four Eggs strained.

flounders, Platte, athitings and Soals to Boil;
Boil fome White wine, Water
and Salt, with fome SweerHerbs and whole Spice;
when it boils, put in a little
Vinegar (for that makes Fish
crisp) then let it boil apace,
and put in your Fish; boil
them till they swim, then take
them out and drain them, and
make Sauce for them with the
Liquor, and an Anchovie or
two, some Butter, and some

Capers,

Capers, heat them over the Fire, and beat it up thick, and pour it over them, garnish your Dish with Capers and Parsley, Oranges and Lemons, and let it be very hot when

you ferve it in.

f lounder or Plaice=Pye: Draw and wash them, cut of their Fins, and footch them, then mingle Pepper, Nutmeg, Salt and Mace, and feafon them therewith; then Leeks finall, and ffrow over the bottom of your Pye; then put in your Flounders, and lay on them the Meat of Lobfters Claws and Tail cut into fmall pieces, the Yolks of hard Eggs and Onions mixed, with fome Grapes or Goosberries, if you have them. Lastly, put on Butter, and close your Pye; when baked, lair it with Whitewine, and Parsley minced very fmall, with the Meat of the Body of a Lobster, Drawn Butter, and the Yolk of a newlay'd Egg, shake these together in your Pye, and ferve it up hot to the Table.

flounders, Blaice, or Soals macinated : Dry well with a Cloth your Fish, flower and Fry them in Sallet - Oil. which you must make very hot, and that will make your Flounders fry Crifp and Brown; then put them into a large earthen Pan, put thereto fliced Nutmeg, Ginger, large Mace, whole Pepper, and a couple of fliced Lemons, over thefe lay some Bay-Leaves fryed, and a

little Salt, pour on them as much White-wine and Vine-

gar as will cover them.

flower of Rice and Cream: To make a dainty Dish of this, Take half a pound of Rice, fee it be well dusted and cleanfed, then wash it and dry it in a moderate Heat, and when it is dry, rub it and beat it in a Mortar, till the Flower be very fine; then take a pint of thick Cream, and Whites of three or four newlay'd Eggs, beat them well together with a little Rose-water, and fet them on a foft Fire, boil it very thick, and fo put it into a Dish, and let it stand till it is cold; then flice it out, cast some Bisket on it, and serve it up.

Flowers to Candy: Take Gilliflowers, Violets, Cowflips or Roses, and pick them from the white bottoms, then have Sugar boiled to a Candy height and put in fo many Flowers as the Sugar will receive. . and continually flir them with the back of a Spoon, and when you fee the Sugar harden on the sides of the Skillet, and on the Spoon, take them off the Fire, and keep them well flirring in the warm Skillet, till you see them part, and the Sugar as it were fifted upon them; then put them upon a Paper while they are warm, and rub them gently with your Hands till all the Lumps be broken; then put them into a Cullender, and life

them as clean as may be, then pour them upon a clean Cloth, and shake them up and down till there be hardly any Sugar hanging about them; then if you would have them look as though they were new gathered, have fome help, and open them with your Fingers before they be quite cold; and if any Sugar hang about them, you may wipe it off with a fine Cloth; to Candy Rolemary-flowers, or Archangel, you must pull off the the String that stands up in the middle of the Blossom, and take them which are not at all faded, and they will look as though they were new gathered without opening.

flowers to keep all the Pear : Take any fort of pretty Flowers you can get, and have in readiness some Rose-Water made very flippery, by laying Gum Arabick therein, dip your Flowers very well, and fwing it out again, and flick them in a Sieve to dry in the Sun; some other of them you may dust over with fine Flower, and some with searced Sugar, after you have wetted them, and fo dried them.

Flowers of any fort Dickled: Put them into a Gallipot with as much Sugar as they weigh, and fill them up with Wine-Vinegar, a pint to a pound of Sugar.

Fowl to Fatten: First put them into a Coop, and three times a day give them to

eat a fort of Paste made of two parts Barley, and one of Black-Wheat, or Millet, ground together, the Flower fifted, and the Bran taken off, of which make bits rather long than round, of a convenient fize, and give them feven or eight a day, and in fifteen days

they will be very fat.

flummery to . Dake : This in the Western Parts of England is made of Wheat-Flower, which is held to be most heartening and strengthning: To make this, Take half a peck of Wheat-Bran, let it foak in cold Water three or four Days, then strain out the milky Water of it, and boil it to a Jelly; then feafon it with Sugar, Rose and Orange-flower-water; and let it fland till it is cold and thickned again, then eat it with White or Rhenish Wine, or Cream, or Milk, or Ale.

flux of the Belly : Take half an ounce of Mithridate. two ounces of fine Sugar, diffolve these over a gentle Fire in a pint of new Milk, and

take it as a Clyster.

Take Jesuits-Bark 2 ounces; Red Port-Wine a quart : Infule close covered over a simering heat for 2 hours, then give it a walm or two, and so strain out: to this strained Liquor, add Blood red Tincture of Catechu made with Brandy 8 ounces: mix them. Of this give the Sick a quarter of a pint Morning and Evening, and it will infallibly cure him;

and let him drink a glass of

W ine after.

Flur-Bloody: Take Syrup of Sloes two ounces, the Pouder of Acorns a quarter of an ounce, the Ashes of Ashkeys, or the Bark of the Root of an Ash-Tree two drams, Conferve of Roses a quarter of an ounce, dissolve them in a quarter of a pint of Claret or Red Wine, and drink it fasting somewhat warm. Do this two or three times, and you shall find the Flux abate. and the Body restored to a liveliness.

The former Composition of the Cortex and Catechu will do here. unless the Disease is inveterate: In this case you must add to the former quantity of the Liquor half an ounce of Liquid Laudanum, or an ounce of our Gutta Vita, and then give it as before; it will not fail of the desired

effect.

flux Bepetick : Take fleeled Wine a quart; Tincture of Catechu, of Jesuits-Bark, of each fix ounces: Lemon-peel one ounce: mix them, and keep the Lemonpeel in, all the time of taking it. Give of this mixture two large spoonfuls or better every Morning and Night in a good Glass of Red-Port-Wine, so long as till the Patient is perfectly well. Note, that the Flux may cease in 3 or 4 days time, and the Patient seem to be truly well; but it ought to be continued for at least 10 or 12 days, lest a relapse should ensue, whereby the Work will be to be done all anew. which by a continuance for a while longer, is prevented. though the Flux is stopp'd, yet we are to consider that the Viscera or Bowels are much weakned. and it ought to be taken in some respect to Strengthen them, and restore their Tone, as well as to

ftop the Flux it felf.

flux, or Loofnels : Take the Filings of Needle-makers Steel four ounces, put them into a glazed Pipkin, and pour thereon a quart of the deepest Red Wine; let it boil till about three parts of the Liquid be confumed; flir it often, and ffrain it whilft it is hot; then take two spoonfuls of it in warm Broth or Ale in the Morning fasting, for three or four days fuccessively. This likewise is good to stay the Bloody-flux, and remove the Caufe.

Flux of the Whites: To remedy this, Take half an ounce of Ising-glass, dissolve it over a gentle Fire in a pint of

New-Milk.

And Morning and Evening take an ounce of the Tincture of Catechu mixed with a quarter of a pint of the Cortex Red-Wine. giving it with some proper Vehicle, a Glass of burnt Red Wine, &c.

Frankincente: This grows chiefly in the Forest of Arabia, where they launce the Bark of the Trees, the better to let the Frankincense flow out, or elfe the Liquor where-

of it is made. drank about a dram in a glass of White-wine well digeffed, is very good against the Dy-Tentery and Fluxes of the Belly, encreases the Memory, chases away Sadness, and cheareth the Heart. It flays the Bleeding at the Nose, being pouder'd and incorporated with the White of an Egg and Aloes, and hold to it, or put up the Nostrils tentwise. eases the Pain of the Head, being mixed with the Whites of Eggs and the Pouder of Myrrh, and spread on a linnen Cloth, and applied to the Forehead and Temples.

frechies, to take alman:
Take four spoonfuls of Fumitory-water, a spoonful of the Oil of Tartar, and the Gall of a Cock; mingle these together over a gentle fire, till they become a kind of Ointment, and with it, anoint the places where the Freckles are, and let it dry on them: Then take a little Rye-meal, put it into Milk, and wash off the

Ointment.

frechles or Morpheto, and Clear the Shin: Take the Blood of any Fowl or Beast, and wipe your Face all over with it every Night you go to Bed, for a Fortnight together, and the next day wash it off with White-wine, and white-Sugar-Candy; and sometimes hold your Face over Brimstone for a while, and thut your Eyes; if you add the

This being | Juice of a Lemon to the Whitem in a glass | wine, it will be the better.

> French may for Carps : To flew these Fish the French way, Put it in boiling Liquor. and take a good large Dish or Stew-pan that will contain the Carp, put it into as much Claret as will cover it; wash off the Blood, and take the Fish out, and put into the Wine in the Dish three or four slices of Onions, fome large Blades of Mace and Pepper grossly beaten with a little Salt; and when the Pan boils, put in the Carp, and cover it close; and being well stewed down, dish. it with fine carved Sippers round about it; pour the Liquor it was boiled in on it, with the Spices, Onion, fliced Lemon, and Lemon-peel; run it over with beaten Butter. and garnish it with dry Bread.

French Difeale : good Mercury fublimate, Mithridate or Venice-Treacle, of each an ounce: mix them well. and infuse them into a quart of Spring-water; fet them in Balneo to dissolve in a close Vessel; and of this Liquor, well fettled, take about half a spoonful, or, if need require it, a spoonful, but not above a spoonful and an half by any. means; take it in a quarter of a pint of small Ale fasting in the Morning, and an ounce in the Afternoon or Evening, the Stomach being as near as may be empty, intermitting every fecond Day, and taking a gentle Purge.

This Medicine is very apt to cause great Vomiting; and if it is taken in too great a quantity, will certainly cause a Salivation; and therefore it is to be used with Caution, and the Patient is to be very careful not to take cold upon it, lest a worse matter ensue. It may be taken in less quantities Dietetically in a Decoction of Guaicum and Sorsa, with great profit and advantage, of which we shall discourse more at large in some other place.

french Bread: Take half a Bushel of fine Flower, ten-Eggs, one pound and an half of fresh Butter; then put in as much Yest as you do in Mancher, temper it with New Milk pretty hot, and let it lie half an hour to rise, then make it into Loaves or Rolls, and wash it over with an Egg beaten with Milk; let not your

Oven be too hot.

French Beans to Dickle : Take Beans and pick the Stalks off; fleep them in Vinegar and Salt nine or ten days; then boil them in a Brass Kettle with a piece of Allom, and a little Fennel: when they be boiled enough, take the Beans out, laying them upon a Table till they be cold; then put them into a Pot, laying between every lay, Cloves, Mace, a little Ginger, Pepper, Fennel, Dill; and then fill the Pot with the best Wine-Vinegar.

frengy or Madnels: You are to consider the strength of

the Conflitution, and if the Pa tient is frong, let the Stemach and Head be purged by an Emetick : I know Hellebore is commended in this case, and it is a good thing being given in Extract from ten grains to a Scruple or half a dram, to a decoction of. the same: but nothing yet is found to exceed Antimonial Emeticks, as Vinum Antimoniale, Vinum Benedictum, and Tartar Emetick, which last may be given from 2 grains to 5 or 6: After three or four times Vomiting the Patient, at due intervals of time. as three or four days, then purge the Patient with an Infusion of Sena thrice a Week, for a Month together, or as often as the Sick can well bear it. Take Sena an ounce, Salt of Tartar a dram and half: grind them together in a hot Mortar, then make an Infusion in a pint and half of Water, boiling hot for two hours, adding also half an ounce of bruised Licorice: then strain out for 4 Doses, to be given as afore-Said. And if the Patient cannot fleep, you must cause rest by giving some proper Opiate, as 2 or 3 three grains or more of my Volatile or Specifick Landanum; or 20 or 30 drops of Liquid Laudanum in some proper Vehicle. at Night going to Bed.

fricaste, an excellent one:
Take six Pigeons, and six
Chicken - Pepers, scald and
truss them, being drawn clean,
head and all; then set them,
and have some Lamb-stones
and Sweetbreads blanched,
parboil'd

parboil'd and flic'd; fry most of the Sweetbreads flower'd : have also some Sparrow-grass ready, cut off the tops an Inch Jong, the Yolk of two hard Eggs. Pistaches, the Marrow of fix Marrow-bones, half the Marrow fry'd green, and White-Butter, let it be kept warm till almost Dinner-time : then have a clean Frying-pan, & fry the Fowl with good Sweet Butter ; being finely fryed, put out the Butter, and put to them fome Roaft-Mutton-Gravy. fome large freed Ovfters. and some Salt; then put in the hard Yolks of Eggs, and the rest of the Sweetbreads that are not fryed, the Piftaches, Sparrow-grafs, and half the Marrow: then Stew them well in the Frying-pan with fome grated Nutmeg, Pepper, a Clove or two of Garlick if you please, a little White-wine, and let them be well Stew'd. Then have ten Yolks of Eggs diffolv'd in a Dish with Grape-Verjuice or Wine - Vinegar, and a little beaten Mace, and put it to the Fricasie; then have a French fix penny Loaf fliced into a fair large Dish fet on Coals, with some good Mutton-Gravy, then give the Fricasie two or three warms on the Fire, and pour it on the Sippets in the Dish; garnish it with fryed Sweetbreads, fryed Oisters . fryed Marrow . Pistaches, flic'd Almonds, and the Juice of two or three Oranges.

fricalle of Meal, Chicken, Babbet, or any thing elfe : Take either of these, and cut them into fmall pieces, then put them into a Frying-Pan with fo much Water as will cover them, with a little Salt. whole Spice, Lemon-peel, and a bundle of Sweet Herbs: let them boil together till the Meat be tender: then put in fome Oifters, and when they are plumpt, take a little either White-wine or Claret. and two Anchovies diffolved therein with fome Butter. and put all these to the rest; and when you think your Meat is enough, take it out with a little Skimmer, and put it into a Dish upon Sippers; then put into your Liquor the Yolks of Eggs well beaten, and mix them over the Fire, then pour it all-over your Meat: garnish your Dish with Barberries, and ferve it up: This Dish you may make of Raw Mear, or of Cold Meat, which have been left at Meals.

fricaste of Chickens:
The Chickens for this purpose must be cut in small pieces, and fry'd in Butter: then pour on them some hot Broth, or boiling Water; put into it an Onion quartered, and a little shred Thyme and Parsley, with Pepper and Salt enough to season them; the Lean of Bacon cut small, and a few Cloves; the Yolks of Eggs beaten sine, with the Broth of White wine-Vinegar; keep.

keep it in motion till the Sauce be thickened, and then ferve it up. Note, If in this manner they be flewed too long, they

will be Tough.

fricalle of Diogeons : Take young Pidgeons, cut off the Wings and Legs, and quarter the Bodies; put them into a Stew-pan, add to them some fat Bacon cut fquare in small pieces; as much whole Pepper and Salt as will feafon them. a few Cloves, a bundle of Parfley and Thyme, and an Onion guartered: then pour on fo much fair Water as will nearly touch the top of the Pidgeons: when they are tender, put in a fufficient quantity of Butter; change the Parfley and Thyme for some more that is fresh: then take the Yolks of Eggs finely beaten in a little of the Broth, White-wine and Verjuice : lay them out in a Dish upon Sippers with the Broth; fqueeze an Orange over them, and ferve them up.

Fritters the English way: Take a Pint of Canary, the like quantity of Ale, and a little Ale - Yest; the Yolks and Whites of nineEggs beaten first very well by themselves, and then with the rest: add a pound of fine Flower, and a little Ginger. Let the Butter stand a while, and then put in Apples thin fliced, and fry them with Beef-fuet clarified, or a little Butter : take them out, and ftrew them over with fine Sugar; then sprinkle them

with Rofe or Cinnamon-water.

Or, Take a quart of Flower, three pints of Mutton-broth when cold; Nutmeg and Cinnamon, of each a quarter of an ounce; beat them fine, as' also a Race of Ginger, five Eggs, and a little Salt, and strain the Materials; put to them some thin slices of Pippins, and fry them in as much Suet as will fuffice, ordering them as the former in ferving up. Some make the Batter of Eggs, Cream, Cloves, Mace, Saffron, Nutmeg, Barm, Ale and Salt Others, of Flower, grated Bread, Mace, Ginger, Pepper, Salt, Barm, Saffron, Milk, Sack, or White-wine, Some again use Marrow perfumed with Musk and Rofewater, by being steeped in the latter with the flices of pleafant Pears or Quinces. Others again, with Raisins, Currans, Apples cut Dice-fafhion, and as fmall, in quarters or in halves. I leave the Reader to his Choice.

fritters, the Italian may: Take a pound of Holland-Cheese of Parmisan, grate it into a pound of fine Flower, with as much fine Bisker-bread muskified and beaten to Pouder; the Yolks of five Eggs, some Rose-water, Saffron, Sugar, Cloves, Mace, Cream; make of these well temper'd a stiff Paste, and rolling it into Balls as big as Wall-nuts, fry them with clarify'd Butter.

fritters of Spinnage :

Boil the Leaves of Spinnage in fair Water; yet but tenderly; then drain the Liquor from it as much as may be, stamp it or mince it very small; add to it beaten Cinnamon, Ginger and Nurmeg, grated Manchet and the Whites and Yolks of Eggs, and as much Cream as will moisten it, yet the Batter must remain of an indifferent thickness; then put in some Currans that have been fwelled in warm Water, mix them well together, and having a Kettle boiled with tried Suet or Lard, drop them into it by sponfuls; and when they rife, take them out, for then they are enough.

To make these, Take a quart of fine Flower, strain it with some Almond-milk, Saffron, Sugar, White-wine; have then Moulds made of Tin, of various Forms, as Arms, Dolphins, Birds, Flowers, and the like; put the Batter into them, and place them in the Pan, covered with Suet or clarified Butter, and they will come out in such Forms as the Mould impresses on them, and look very pleasant, if orderly

placed in a Dish.

Tritters, Another way:
Take half a pint of Sack, and
a pint of Ale, a little Yest, the
Yolks of twelve Eggs, and
six Whites, with some beaten
Spice, and a very little Salt,
make this into thick Batter
with fine Flower, then boil

your Lard, and dip round thin flices of Apples in this Batter, and fry them; ferve them in with beaten Spice

and Sugar.

fritters of Meal, or any other Meat: Take your Veal, Capon, or Liver, parboil it, mince it small, and then put to it some Cream, Eggs, Spice, and Salt, make it pretty thick, so fry them; you may add a little Flower if you will; serve them up with beaten Spice and Sugar strewed over them.

fumitory: It purifies the Blood, and purges Choler, and is available in the Leprosie, Itch, and others Diseases of the Skin. The diffilled Water is used for Beautifying. It opens Obstructions of the Liver, and helps the Jaundice and Scurvy. The Juice or Water of it dropt into the Eyes, helps Dimness of Sight: Being mixed with Venice-Treacle, it refifts the Plague and Pestilential Fevers. An Ointment made of the Juice of it, sharp pointed Dock, and Honey is a speedy Cure for the Itch, Borches, Scurff, or any other Deformity in the Skin.

fundament-falling: Take a quarter of an ounce of the best Ginger, slice it very thin, put it into a little Pan, and heat it by clear and well kindled Coals, and receive the Fume of it cast on by little and little in a kind of Close-

flool,

ftool, or fome convenient Seat for that purpose, where the lower part of the Body may be well covered for about half a quarter of an hour at a

Take Bits of Amber, and in a Close-stool put them upon a Chafing-dist of live Charcoals, over which let the Patient sit, and receive the Fumes. The Fundament also being down, it may be bathed or fomented hot with this Bath : Take Tincture of Catechu 2 ounces; Red Wine in which Roch-Alom and White Vitriol, of each a little has been dissolved, 6 ounces : mix them : After bathing anoint with this Ointment. Take Sheeps-suet 2 ounces; OilOlive I ounce, melt them; and while melted and only warm, add Oils of Amber, of Nutmegs by expression, and of Sassafras, of each a dram and half: stir them together till they are all cold. This Ointment strengthens the

part much.

furmity : Take fome New Milk, or Cream, and boil it with whole Spice, then put in your Wheat or Pearl'd Barly, boiled very tender in feveral Waters; when it hath boiled a while, thicken it with the Yolks of Eggs well beaten, and fweeten it with Sugar, then ferve it in with fine Sugar on the brims of the Dish.

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Mlimafre of Mutton: To do this, Take a Gigget of Mutton, or, if you please, the whole Leg; when it is ready dress'd, hash the one part as fmall as you can, and put it into a Dish with Onions minced fmall; and the other parts of your Mutton cut into bigger pieces, breaking likewise the Bones; fet it a stewing, and add Verjuice, Pepper, a handful of Capers, a quarter of a pint of White-wine, fome falt, and a little white Sugar; and when it is stewed, serve it up

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on Sippets carved or plain.

Bail Dbitruced : The Only thing to remove this Obstruction, is the Spiritus Nitratus, the Preparation of which you may fee in our PharmacopæaChirurgica, in our Ars Chirurgica, lib. 1. cap. fest. . You may give 10, 15, 20, 30 drops, more or less, in Ale or Wine, according to the quantity the Patient drinks at a time, so as to make it plea-Santly Sharp: you must be sure the Sick drinks nothing without it, for 8 or 10 days, for in that time it will make a singular alteration for the better, and poffibly fibly restore the Patient to their perfect health. It cures the Colick to a miracle and destroys that which is the ground and founda-

tion of that Difease.

It purifies the Blood, opens, Obstructions of the Gall, Liver Spleen and Bladder. It's good for the Dropsie and Jaundice, and is a great Dispeller of Wind. It likewise cleanseth the Stomach, and drives ill Vapours from the Brain.

Bammon of Bacon : dress this the neatest way, having water'd it, scrubb'd it with a Brush, and scraped the Rind, and dry'd it again with a Cloth, put it into a Kettle wherein it may have fufficient room: then take Sage, Marjoram, Fennel, Sprigs of Bays and Rosemary, and boil it till it is enough; then flit the Skin, and fo curioufly carve it, and flick the places fo stript with Cloves; ffrew fome Pepper on it, and ferve it up with Mustard, Pepper, Vinegar, and the Herbs small minced, cut up in fine Slices of what length you pleafe, but of very indifferent thickness.

Bangreen: When the part afflicted with this Malady has been lightly scarified, apply, as hot as can be endured, a Cataplasm of strong Brandy and Crumbs of White Bread, shifting it three or four times a day, or as often as you find convenient; or, for want of this, take a boiled Turnip, mash it with Hogs-lard, and lay it to the place.

The best way is to scarify the part, deeper or less deep according as it had gotten ground, and then to cleanse it after Scarification with Salt-Brine, a strong Lixivium of Wood-Ashes, or a Tineture of Myrrh, or Myrrh difsolved in Wine, and used almost scalding hot, for it is by these extreams the Native heat must be recovered: and after to fill up the Scarifications with Mercurius Pracipitat, mixed Basilicum, or Unguent. Ægyptiacum, or with Myrrh, made into a Balfam with Oil of Turpentine, or with Dosfils dip'd in a mixture of Oil of Cloves and Turpentine, actually hot.

Bargartim to Cleanse the Head: Take Juice of Mustard-seed, extracted with White-wine 6 ounces; Juice of Primrose-Leades and Roots 4 ounces; Juice of Beets 2 ounces; Juice of Pellitory of Spain 1 ounce; White-Port-Wine, a quart: mix them

for a Gargle.

Gargle: Take fix ounces of Scabious-water, one spoonful of Mustard, as much of Honey; put these into half a quarter of Wine-Vinegar, and mix them all together in a marble or glass Mortar, till they become very liquid, and then gargle your Mouth with it.

Bargle for a fore Throat: Take fair Water, a pint; Red Port-Wine a quart; Roch-Alom half an ounce: mix and dissolve; with which gargle warm, 3, 4, or 5 times a day.

Garlick :

Batlick: This being stampt and infused in Vinegar, and drank, resists the Plague, and is good to dissolve the Stone, and bring away Gravel: and being made into a Syrup by boiling and squeezing out the Juice, and adding as much Sugar as will bring it into a Syrup, it wonderfully pre-

ferves the Lungs, removes Coughs and Colds, and kills Worms in the Belly and Sto-

mach.

It also provokes the Courfes. and Urine: and helps the Bitings of Mad Dogs, and other venomous Creatures: It kills Worms in Children, and voideth tough Phlegm, purging the Head, helping the Lethargy. It is a good Preservative against the Plague; also cures Sores and Ulcers, and takes away Spots, and Blemilhes in the Skin, and eafes Pains in the Teeth; breaks Imposthumes, and eases Pains in the Ears. It hath a special quality to discuss the Inconveniences coming by corrupt Airs, and Mineral Vapours, or by drinking unwholfom Waters or Liquors; as also by unadvisedly taking Wolfbane, Henbane, or Hemlock, or other dangerous Herbs. It is held good in the Jaundice, Cramp, Convultions, Falling-fickness, the Piles or Hemorrhoids, and fuch like Difeases proceeding from Cold. But it has not its Vertues without its Vices; for it heats very vehemently; and

all fuch hot Simples fend up ill Vapours to the Brain. In Cholerick Persons it will encrease the Choler; and in those that are troubled with Melancholy, it will attenuate the Humours, and cause strange Fancies and Visions in the Head: therefore let it be taken inwardly with great Moderation; but for outward Applications you need not be so strict.

Bellies ; fee Jellies.

Biblets Dpe: Let them be well cleanfed and scalded, and scalon them well with Pepper, Salt and Nutmeg: put them into a Pye, then put some Butter, slice an Onion or two, and close up the Cossin with a Lid; bake them well, and soak them three Hours: then pour in more Butter into which a Nutmeg has been grated.

Biblets to Boil: Take the Giblets of a Goofe, or any other Fowl, seald them well, and boil them whole in Water and Salt, and two or three Blades of Mace, and so ferve them up on Sippets, finely carved, with beaten Butter, Lemons, scalded Gooseberries, scalded Grapes, Mace, Barberries, and Lemons sliced.

Take refined Sugar, or white Sugar-Candy, to the weight of your Flowers, fift it, and put to it fome Rofe-water, fet them over a Fire made of Charcoal, but not to her;

ftir these till they be candied Syrup height, then keep them in a dry place, and use them as you find occasion: and if you use them for Sallads, put a little Wine-Vinegar to them to make the Syrup thinner.

Billiflowers to Dickle: Take Clove Gilliflowers, when just blown, clip the white Bottoms from tham, when taken out of the Husks, lay them to steep a little in fair Water. boil up some White-wine-Vinegar till the fcum will come no more on it: fqueeze the Water out of your Gilliflowers, and the Vinegar being cool, put them into it; then melt as much Sugar as is convenient in Rofe-water; put it to them with a little broken Cinnamon, and a few Blades of Mace: stop them up close, and when you use them, mince them small, and putting a little fresh Vinegar to them, ffrew a little white Sugar finely beaten, and they are an excellent Sauce for Mutton or Lamb.

Clove-Billtstowers: These Flowers are of a fine temper, neither excessive in heat nor cold, nor dryness, nor moissure, that can be perceived in them: They are great strengthners of the Heart and Brain, and therefore serve indifferently for Cephalicks or Cordials; good in Consumptions, and easie to Nature, helping it in many Emergencies. The Syrup and the Con-

ferve of these Flowers, are wonderfully fortifying against pestilential Fevers and Poysons, and may be taken with great safety at any time by Young or Old, either by themselves, or dissolved, or mixed in any

convenient Liquors.

Ginger:It is a Root belonging rather to a Herb or Plant. than a Tree; for it. bears a Top like Reeds, and runs knotty in the Ground a great way, yet is of admirable use, viz. It helpeth Digeftion, loofneth the Belly, moderately is good for the Stomach, and profitable against all things that dim and hinder the Sight. It heateth much, though not at the first tasting, like Pepper, for which Cause some will not allow it to confift of fubril parts, though that they may be attributed to its earthiness, as being a Root, and known to be composed of gross and undigested Substance, tending much to watery, yet is of excellent Use in Physick and Diet.

The Indian or rather Barbadian Green-Ginger, is fit for every Person of Quality to keep in their Houses: For it beats, warms, comforts and strengthens admirably: it expells Wind, is good against the Colick, causes a good Appetite to Food, and makes a good Digestion, to eat now and then a bit thereof, especially in the Morning fasting, and last at Night going to Bed : And if the Stomach is very cold, and ill, it may be good to eat a bit half an hour before Meals. Gin=

Binger Green to make well: Take one pound of Ginger, and fleep it in Red Wine and Vinegar, equally. mix'd; let it stand so close covered 12 days, and twice every day ffir it up and down; then take two quarts of Red Wine, and as much Vinegar, and boil them together a little while; then put in three pound of Sugar, and make a Syrup therewith; then put in your Ginger, and boil it a while, then fet it by till the next day; fo boil it every day 'a little, till it be very clear, and fo keep it in the Syrup.

Binger-Bread to Make : Take a pound of Jordan-Almonds, a penny white-Loaf grated and fifted among the Almonds, when blanched, and finely beat them together, then add an ounce of Ginger finely scraped, Licorice and Anifeeds in Pouder, each a quarter of an ounce, add two or three spoonfuls of Rose-water. and make them all up in a Past with half a pound of Sngar, mould it and roul it thin, then print it and dry it in a Stove: And thus you may make Ginger-bread of Sugarplate, putting Sugar sufficient to it, that will keep all the

Year round.

Bladtoin: That here intended, is that they call the Stinking fort. The Juice of it fnuffed up the Nose, causes Sneezing, and purges the Head, Rheums, and offensive

Matter: The Pouder of the Root drunk in Wine has the fame Effect, and gives ease to the Cramp and Convulsions of the Nerves: It mainly avails in the pain of the Gout, or Sciatica, and gives eafe to those that are afflicted with griping Pains in their Bowels, as also in the Strangary. The Roots boiled in Wine and drank, effectually procure Womens Courfes: but is dangerous to be taken by a Woman with-Child, left it cause Abortion: dram of the Pouder removes Obstructions in the Ureters and Bladder, and immediately provokes Urine.

Bleetings: Take four ounces of Spring-water, or rather Plantane-water, dissolve it in about one scruple of Sympathetick Pouder, and as much of Roch-Alom, or so much as will give it a sensible, but yer a saint Vitriol-like Tincture, inject as much as is usual, through a small Syring every Morning and Evening, as long as need requires.

Blobes to Perfume lightly: Rub over your Gloves with
Gleer of Eggs and Benjaminwater, very thin and fine,
wherein a grain of Musk, Ambergrease, or any other strong
Persume has been insused,
and it will take and hold the
Scent a long time. You may,
as you like for change and
alteration of Scent, rub them
over with a fine Puff of Silk
dip'd in Gessimine, Orange-

dower,

flower Butter, Essence of Roses, &c.

This Plant is Boards : cooling and mollifying by Nature. The fresh Leaves applied to the Breafts of Women leffen their in Child - bed . Milk: the Seeds are accounted among the four great cold Seeds, for a red fiery Face or often Flushings of the Face. Take the Seeds of Goards two ounces, the Kernels of Peachstones four ounces, make an Oil of them by Expression, and anoint the Face often, and the redness will decrease, and in the end vanish

Foatsbeard: This Plant is reckoned delicious in Food, being often eaten raw in Sallads; It's a great Nourisher, and therefore good for Confumptive People: It is used for the Cough, and in Diseases of the Breast, and difficulty of Breathing. It is held good to expel the Stone, and provoke Urine: The Juice of the Root of it, and the distilled Water have the same Effect, as the Juice or Concoction of the Herb.

Boat-Pasty: Take the hind quarter of a fat Goat, bone it, and skin it; then cut it into a befitting shape for your Pasty; having beaten it well with a Rolling Pin, season it with Pepper, Salt, minced Thyme and Nutmeg; then set it a soaking in this seasoning all Night with Claret, then put it into its Cossin,

and bake it, strowing on the top some minced Beef-suet: Whilst it is Baking, take the Bones you took out of the Flesh of the Goat, and put them into a Pipkin with a Pint of Clarer, and a stitle strong Broth; then cover your Pipkin with a sheet of Course Paste, and bake them also: your Pasty being baked enough, fill it with the Liquor out of the Pipkin, serve it up, few will be able to discern it from Venison.

for Wounds inwardly or outwardly applied, two drams of the Pouder heated in Whitewine, and taken every Morning, removes the Obstructions of the Bowels, stops Fluxes of the Womb or Belly, and inward Bleeding.

this, Take two ounces of ripe Laurel Berries, and infuse them for a Day in a quart of White-wine, and let the Patient drink about two or three spoonfuls twice a day for a good while, and then intermit a Day, and so a third, that some gentle purging Medicine may be taken.

After a due purging with our Family Pills, (which are well adapted to this intention) you may cause the Sick to take every Night going to Bed 2, 3, 4, grains, or more, of our Specifick Laudanum, and every Morning this: Take Turpentine (boiled in Water till it will pou-

der)

der), 2 ounces : make it into fine Pouder for sixteen Doses to be taken in the Yolk of an Egg, or in a little of the Conserve of Barberries: Or you may take this, Take pure Turpentine an ounce; two Yolks of Eggs, grind them together till the Turpentine is perfeetly mixed and dissolved; then mix therewith Poffet-drink, made with Ale very white, or Milk, if you so please, and sweeten it with double refined Sugar: of this let the Sick take half a pint Morning and Evening, so long as is convenient; and in the mean season Syring with this Injection. Take fair Well-Water a quart, Roch-Allom, Saccharum Saturni. of each half an ounce; White Vitriol 2 drams ; mix and diffolve: let all fettle, and pour off the Clear for use: with this syring 2, 3, 4, 5, or 6 times a day, according as occasion requires; (as it begins to grow well, you may syringe fewer times a day) use it warm, and two Syringes full at a time, and always after Rising, if there be occasion, but be sure to do it, last at Night going to Bed, and first in the Morning rising.

Foose Boil o: Put it into a Pipkin, or other Vessel fit for it, boil it with Strong BROTH, or fair Spring-water, and scum it clean, then add three or four sliced Onions, some Currans, Mace, Raisins, Pepper, and a bundle of Sweet-Herbs, grated Bread, White-wine, and two or three Cloves; and when it

is boiled enough, slash it on the Breast, and dish it up on fine carved Sippets; and lay on a few slices of Lemon and Lemon-peel, Barberries, or Grapes, and run it over with beaten Butter, Sugar, or Ginger, and trim the Dish-sides with grated Bread, or beaten Ginger: And this way you may dress and serve up any large Water-Fowl, as Swans, Ducks, Teal, Whoopers, &c.

Boose to Dzy: Take a fair fat Goose, pouder it about a Month, then hang it up in a Chimney as you do Bacon; and when it is throughly dry, boil it well and serve it to the Table, with some Mustard and Sugar; garnish your Dish with Bay-Leaves. Hogs Cheeks are very good dried thus.

Boofe fricaffed: Take a almost Roast him, Goofe . then Carve and fcotch him with your Knife long ways, and cross it over again to make it look like Chequerwork; then wash it over with Butter, and strow Salt upon it; then put it in a Dish with the skinny fide downwards: fo fet it before the Fire in a Frying-Pan, that it may take a gentle heat, then turn the other fide, then take it and lay it on your Gridiron over a foft Fire: when you think it is enough, bafte the upper fide with Butter; then dridge it over with Flower and Bread grated; then put it over again and froth it, and dih it up:

your Sauce must be Vinegar, Butter and Mustard, with a little Sugar, put it into your Dish with a little drawn Butter, and lay your Goofe a top of it, garnish it with Lemon, laying Saufages on round the brims of the Difh.

Coofe=Dve: Bone and Parboil it, feafon it with Pepper and Salt, and lay it into a deep Coffin, with good flore of Butter top and bottom; then Bake it very well, and when it is baked, fill up the Pye at the Vent-hole with melted Butter; and fo ferve it in with Mustard, Sugar, and

Bay-Leaves.

Goofe Coller'd and Souted: Bone it, then cut the Flesh square, and foak it 12 Hours in a little White-wine, Cloves, Mace, Pepper and Salt; then take it up and lay fmall Pieces of Anchovies all over it, with Westphalia Gammon mine'd small, then roul it up hard, and boil it in ffrong Broth, and a little Whitewine, whole Pepper and large Mace; let this be the only Pickle: when you ferve them, cut them in halves, and garnish the Dish with Westphalia-Bacon minced.

Goofe to know Young or DlD: A Wild Goose, if she be Red footed, is Old and full of hair; if Whitish-footed, and not full of Hairs, then fhe is Young. A Tame Goofe scalded, and lying in Water in a Poulterer's Shop, or elfe where,

do but rub your Finger on the Breast of it, if it be rugged or ruff, then it is new kill'd; but if it feel flippery or flimy. then it is stale. If dry pull'd. red-footed, and red-bill'd, and full of Hairs when it is pull'd. then it is Old; but if she hath a Yellowish Foot, and a yellowish Bill, then she is Young. A Bran Goofe, if the be full of Hairs when she is pull'd, then she is Old; if not, then

the is Young.

Gooleberries : Thefe being boiled in Broth, before they are ripe, are very agreeabie to the Stomach, and are Cooling in Fevers. They flop the Flux of the Belly, and cause a good Appetite. They cure the Whites and Gonorrhœa. They are applied outwardly with good fuccefs for St. Anthony's-Fire, and Inflammations; but if before they are ripe, they be eaten raw, especially to any excess, they cause griping Pains and Slime in the Bowls.

Goofeberry=Cream : Coddle your Berries green, and boil them up with Sugar as for a Preserve; then put them into the Cream strained, while the Berries are whole; then scrape Sugar over them, and fo ferve them up in boil'd or raw Cream. And in this manner you may use Strawberries, Raspberries, or Red Currans whole, in raw Cream; or ferve them up with Wine, Sugar and Rose-water, without Cream. doofe=

Cooleberries to Candy: Take the fairest Green Gooseberries, wipe them clean with a Linnen-Cloth, pick the Stalks from them, add to every ounce of Goofeberries two ounces of Sugar, and an ounce of Sugar-Candy, diffolve them in an ounce or two of Rose-Water, and fo boil them up to the height of Manus Christi, and when it is come to its perfect height, let it cool; then put in your Gooseberries, for if you put them in hot, they will shrink : fo stir them well together with a wooden Spatter, fill they be Candied : thus put them up and keep them.

Gooleberry fool : Take a pint and half of Goofeberries, pick'd clean from the Stalks, put them into a Skillet with a pint and half of Water, feald them till they be very tender, then bruise them well in the Water, and boil them in a pound and half of fine Sugar, till it be a good thickness; then put to it the Yolk of fix Eggs, and a pint of Cream, with a Nutmeg quarter'd : stir these well together, till ye think they be enough, over a flow Fire; put it into a Dish, and when it is cold, eat

Booseberries to beep all the Pear: Take the very largest Berries when they are green and very hard, pick off the Stalks and Tails, and coddle them in fair Water, or rather only scald them, not letting them boil for fear of breaking, so will they have a fixed greeness on them:
put them into a Cullender and let them drain, and when they are cold and thorough dry, put them up into Glass bottles, filling the Bottles full, and stop them firmly up, as if it was for Bottle-Beer: so will you have Gooseberries all the Year good; of which you may make Gooseberry-Tarts at Christmas and Easter, as good and natural, as if it was the true Scason of the Year.

Boofebetries to Breferbe: Take of the largest Berries, when they are green and hard; of those, if you can get them, that are called Gascoign Berries: pick them clean, and covering them very close, let them stand over a gentle fire half an hour, to coddle a little; but fuffer them not to boil, left the Skins break; and when you perceive a fixed greenness on them, put them into a Sieve, that the Water may drain from them; then put them into as much clarified Sugar as will cover them and fimper leifurely, being close covered, by which they will look greener than they grew; and having fuffered them to stand on the fire in the Syrup, take them off; and being cool, put them up for your ufe. Now as for the Preserving the various forts of Green Fruits, there are several proper Seasons to be observed: Viz.

Green Gooseberries about Whitsontide; White Wheatplumbs in the middle of July; Pear-plumbs in the middle of August; the Peach and Pippin about Bartholomew-tide ; Grapes in the beginning of September. Note, That when your Green-Fruit is to be Preferved, you have two Skillets of boiling Water, to shift them into one as the other cools, and fettle them in the Water till they fix to a greenness; then take and put them into a Sugar Syrup, and let them boil gently about a quarter of an hour, and fo put them up for ule.

Booleberries, to Dickle: Pick the Berries clean from the Stalks and Buds, lay them in foak in Salt and Water all Night; then put them into the Juice of Crab cherries, Grape-verjuice, or other Verjuice, and so barrel them up In this manner you may Pickle green Grapes and

Plumbs.

Goofeberry-Tart: Form your Tarts into what you think fit, strow some Sugar in the bottom of them, then take large round Goosberries pick'd, and lay them therein one by one, covering the bottom, and sprinkle thereon some Sugar, then lay on another Lay, and cover that with Sugar, and so continue doing, until your Cossins be full, let the Lid of your Tarts be carved, and bake them quick, by

which means they will be green and clear: So will Codlings bake green, if you order them as you do the Goofeberries, and cutting their Lids; but if you would have your Fruits baked red, bake them flowly, and let their Lids be close.

Gooleberry-Wine, the Best way: Take the ripe Berries, and put them into a Veffel, and pour upon them a fufficient quantity of Water very hot; and then covering the Veffel very close, let them stand till the Liquor is impregnated with the Juice, at least three or four Weeks; then draw it out, mix it well, and ferment it with fine Sugar; putting it up in Bottles close cork'd, it will become a generous Wine: A little of it is good in Fevers, and other hot Diseases; or it may be drank for Pleasure, as ordinary Wine.

A Decoction of the Leaves of Goofeberries, cools and allays hot Swellings and Inflammations; and when they first begin to bud, being beaten and infused in White-wine, they much help in expelling the Stone; and being eaten with cooling Herbs as Sallads, they allay the excessive Heat of the Liver and Stomach.

Sugar, then lay on another Lay, and cover that with Sugar, and fo continue doing, until your Coffins be full, let the Lid of your Tarts be carted, and bake them quick, by then press cut the liquid part

very

very hard, and put to it a little Oil of Turpentine and Olive-Oil, and stop these up close in a Glass for your use; and when you are to use them, pour out a little into a Saucer, warm it over a Chasing-dish of warm Coals, and dipping a thick Linnen-Cloth in it, wrap it hard and close about the part grieved; and in so doing twice or thrice, the Pain will entirely cease.

For an External thing, where the Gout comes of a Cold Caufe, this is famous, Take Oil of Turpentine, and Oil of Spike, of each four ounces: Oil of Amber 2 ounces: mix them, and therewith anoint as hot as the Patient. can endure it, Morning and Evening. But in any Gout whatfoever, this will not fail : Take Oil-Olive 3 ounces: Oil of Vitriol one ounce; mix them well together by stirring: it will be best to put in the Oil of Vitriol by degrees, so will the whole mixture become a kind of brown Ointment & this will not fail in Extremity; but the Patient must beware of his Linnen and Cloths, because this Medicine will rot and [poil them.

bout, to Check it: Take three ounces of Sarsaparilla sliced and cut thin; to these add an equal weight of Raisins of the Sun rubb'd very clean, but not broken: put both these into three quarts of strong Water, and let them stand on a moderate heat, that the liquid part may simper for

feveral hours; and being close bottl'd up, take a quarter of a pint when the Pain comes upon you, and it will ease it.

Fout to Bemobe: Take Tinsture of Opium six ounces: Saccarum Saturni one ounce: Champhire half an ounce: mix and dissolve, and therewith bathe

the part afflicted.

The Running-Gout, or Rheumatism is scarcely to be cured without the use of Internal means: for which purpose we commend our Pulvis Rheumaticus, which seldom fails of performing the Cure in 4 or 6 Doses. Dose from one scruple to half a dram, or 2 scruples in strong Bodies: See it in our Ars Chirurgica lib. 1. cap. 68 sec. 10.

Cout-Clost: This is so called from the excellent Advantage it brings to those that are afflicted with the Pains of the Gout, or Sciatica in the Joints, if the Juice or Herb be applied Poultis-wise. Some hold, it will allay these Pains, by being carry'd about the Party afflicted therewith.

Brapes: The sweet ones are of a more hot substance, and therefore cause Thirst, and loosen the Belly; but the sowre ones are binding, and of hard digestion. The Juice of the ripe Grape applied to Burns or Scalds, eases the Pain. The Mother of the Wine or Grapes being kept, is prostable against Instammations of the Breasts, and Hardness of them through too much abundance of Milk. The Decosti-

on of it in Clysters, is good for Dyfenteries or Fluxes: The Stones or Seeds have a restringent Vertue, and are profitable for the Stomach; and being parched, and beat to Pouder, and drank in Whitewine, are very good against the Flux, and also the Weakness of the Stomach. Dried Grapes and Raisins have yet a greater vertue and property in Physick, and more-especially those that are sweetest, and of most substance, as they of Damascus, Cyprus, and Candia. They are good for Coughs, Sore Throats, Pains in the Reins and Bladder, if you ear the Stones with them. Being boiled with Sugar, and the Flower of Barly, and an-Egg, they purge the Brain: Being reduced into a Plaister with Flower of Beans and Cummin-feed, they allay In-The fat Raiflammations. fins nourish more than the tharp and lean ones. Those that are stoned are Lenitive, and therefore very helpful in the Pains of the Breaft, Coughs, Sore Throats, Pains of the Bladder or Reins, and the Obstruction in the Liver.

Grapes to keep fresh and Grapes, and lay some Oats in a Box, and then a Lay of Grapes, and then more Oats, and so till you have laid all in: then cover the Grapes well with Oats, and close your Box fast

that no Air get in.

your best Clusters, and hang them up in a Room upon Lines, and be sure you do not let them touch one another: they will keep four Months.

Brapes to Breferbe: Take the Grapes when green, stone them, and break the little bunches off the Stalk of the great ones; then take their weight in refined Sugar sinely beaten, and strew a row of Sugar in your Preserving-pan and a lay of Grapes upon it; then strew some more Sugar on them; then put in four or sive spoonfuls of fair Water, and boil them up as fast as may be

Grapes and Mine, their Virtues: Very admirable are the Virtues of the Vine, and the Fruit thereof; I had almost faid, above all other Fruits: For the Leaves and tender Branches being bruised and laid to the Head, by their Cooling quality, eafe the Pains of the Head, occasion'd by Heat, also the Inflammations or Heat of the Stomach, being applied to it : And the Juice drank in Borrage-water, helps the Dysentery, Fluxes or Spitting of Blood, Weakness of Stomach, and bad Appetite, especially in Women Great with Child. The Water which flows from the Vine, when it is cut, or bleeds (as some term it) being drank in Whitewine, purgeth the Gravel, The Ashes of the Branches of the Vine, and Stones of Grapes, mixed

mixed with Vinegar, help Cofliveness. It's good against the Stingings and Bitings of venomous Creatures; and if mixed with Oil of Roses, Rue, and Vinegar, and laid Plaisterwise, it helpeth the Inslammation of the Spleen.

With the Gravel in the Reins, Kidneys or Bladder, Take Daucus-feeds, Water-cherries, and Burdock-feeds, of each an ounce; mix them together, and put one ounce of the Mixture into a gallon of small Ale; and when that has steep'd while, and is drank up; put the other ounce into another gallon, & so continue it as aDrink.

Another: Take Egg-shels and Crabs-claws, of each an ounce, and beat them into Pouder; Fennel-seed pouder'd half an ounce; Pouder of Nutmegs four drams, double-refined Sugar two ounces: these being mixed and finely sears'd, take as much at a time as will lie on a shilling, in a glass of Whitewine in a Morning, fasting: or it may be taken in Ale or Beer.

a quart of White or Rhenish-Wine, put in an ounce of the Juice of Onions, Juice of Housleek, and Syrup of Citron; mix them well together over a gentle Fire, and let the Party drink a quarter of a pint at a time blood-warm; and so doing four or five times, it will force the Gravel before

mixed with Vinegar, help Co- it, and cause it to void through fliveness. It's good against the neck of the Bladder.

Graby = 2520th : Take a good fleshy piece of Beef, not fat, and lay it down to the Fire, and when it begins to Roaft, flash it with a Knife till the Gravy runs out, and continually bafte it with what drops from it, and Claret-wine mixed together, and continually cut it, and bafte it till all the Gravy be out; and then take this Gravy, and fet over a Chaffindish of Coals, with fome whole Spice, Lemonpeel, and a little Salt: when you think it is enough, lay fome Sippets into another Dish, and pour it in, and serve it up to the Table; garnish your Dish with Lemon and Orange; if you please, instead of Sippets you may put in some poach'd Eggs, done carefully.

mew Butter, boiled and purified, four pound; Burgundypitch, and Rosin, of each a pound; Yellow Bees-wax four ounces: melt them, and make an Ointment of them over a gentle fire, adding an ounce of fine Verdigrease in Pouder, to make it of a deep green Colour, and so keep it stirring till the Ointment be cold.

This is a wonderful Cleanfer and Healer of all forts of Wounds and Ulcers; it gives Ease to Pains, and allays Burnings and Heats in the Wounds, or any Inflammations. It's greatly in request for Burns and Scalds, especially if mixed with Oil of Roses and Snowwater, and applied on a Linnen Cloth to the place grieved.

Gzeen-Sauce: Take the Blades of Green Wheat, Sorrel, Parsley and Spinage; stamp them in a wooden Mortar or Bowl, with fome Vinegar and fine White Sugar, and ferve it up in Saucers, fomewhat thinnish, with a Leg of Veal boiled, or a Calf's Head.

Green, or Minter-Green : This mainly conduces to the healing of Green Wounds; and green Leaves bruised, or the Juice applied. A Salve of the green Herb stamped, or the Inice boiled with Bees-wax, Hogs-lard, Sallad-oil, and Turpentine, is highly preferred for the Cure of all manner of Wounds or Sores. The Herb boiled in Wine or Water, and given to fuch as troubled with any inward Ulcers of the Kidneys or Neck of the Bladder, mainly relieves them. It stays the Fluxes. It is good in Inflammations rifing upon Pains of the Heart; also in Cankers or Fiftula's. And the distilled Water may be carried along with you, or kept by you for the above-faid uses.

Breen : Dichnels : Take a good handful of Red Sage, half a handful of Penniroyal, half a handful of Germander, four ounces of Raisins of the Sun stoned and Figs, half an ounce of liquorish fliced: These must be boiled in two quarts of Ale,

till half be confumed; then Drink a quarter of a Pint fasting.

Gripes of Children: Take the Oils of Nutmeg and of Wormwood, of each a dram; mingle them with two drams of Camomil, and anoint therewith the Party's Navel, and by often fo doing, the Pain will cease.

There is nothing better in the World for this Disease in Children than to give them from 6 drops to 10, 15, or 20" of our Gutte Vite in a spoonful or two of Poffet-drink sweetned with White Sugar, into which one or two drops of Oil of Anifeed has been drop'd.

(Broundal: This indeed is very common, which renders its Virtues less esteem'd. though they are very rare; for the Seeds cleanse the Reins. help much to break and expel the Stone, and provoke Urine; two drams of it taken in a glass of White - wine, in Pouder, three or or four times a day, fome fay, facilitate the Birth, if it be taken by the travailing Woman in a little Breaft-Milk.

Bround=Dine : This is excellent to strengthen the Nerves; and to open the Parts: it also proyokes the Courfes, expels the dead Child in the Womb, and the After-birth, but not fafe to be taken by Women during their going with Child; because it works

fo powerfully, that it endangers Miscarriage. If it be boiled in White-wine, or pouder'd, and made into finall Fills with Hermodactyls and Venice-Turpentine, it is given in Dropfies: and outwardly applied, it cures Ulcers, by cleanfing and filling them with good Flesh.

Guajacum : This for its fingular Virtues is called, Lignum Sanctum or Holy-wood: The Decoction of it well managed, and taken in time, is a Remedy for the certain French Disease. It is good in Dropsies, for Asthma's, Falling-Sickness, and Diseases of the Bladder and Reins, Pains in the Joints proceeding from cold Tumours and Wind. grows in the West-Indies, and there the Spanlards learned the Use of it from the Natives,

The way to prepare the Decoction of this Wood is in Take twelve this manner: ounces of the Wood rasped, of the Bark of it beaten two ounces, infuse it in fix quarts of Water, in a large earthen Pot, the space of twenty four Hours, keeping the Pot close stopped, and boil it with a gentle Fire to the Confumption of two quarts; and when it is cold, strain it: then put to the same Wood a gallon of fresh Water, boil it to three quarts, and keep these two Waters apart for ule.

The first is to be drunk half a pint or better at a time, mixed

with a decoction of Raisins and Currans: the other as ordinary Drink mixed with an equal quantity of Ptisan, or Barly-water boiled with Licorice.

Gums Apoltemated : Take a handful of red Sage, boil it in White-wine, add an ounce of the Pouder of Burnt-Alom, and wash your Mouth frequently with this Water: It is also good against the Scur-It likewise fastens the Teeth, and keeps them from rotting: It gives them aWhiteness, and eases the Tooth-ach.

Bum of Cedar , its Virtues: On Oil extracted from this Gum, is hot in the fourth degree; wherefore it doth, without pain, rot foft and delicate Flesh; but in hard Bodies it operateth with more time and difficulty. It dryeth dead Bodies, and preferveth them from Putrefaction, by confuming the fuperfluous Humour, without touching the found Parts: but in living Bodies the Heat in them augment the force of the Oil, which causes it to burn the tender Flesh. It is excellent to kill Nits, Lice, or any Infect crept into the Ear, and good in cold Distempers to anoint the Joints and Limbs withal, being much available in the Pains of the Gout, if mollified with Oil of Camomile, or fuch lke fupling Oils.

Gum Platter of Dia= chylon: Take Bdellium, Sagapenum, Amoniacum, of each

two ounces: diffolve them in Wine; boil them to the confiftence of Honey, and then add them to four pound of Emplastrum Diachylon, mixing them well together.

This being applied, dissolves, digefts, and ripens hard Swellings, and is for those Purpofes very excellent, if not the

best of Plaisters.

Gums Scorbutick : Take Bole Armoniack the best, two drams; choice Myrrh (not Lucid) one dram, Roch-Alom crude half a dram, Claret one pint; boil them over a gentle Fire, strain out the Liquid part, and put a spoonful in your Mouth twice or thrice a Day.

Gums co Dtrengthen : Take Japonian Earth, and in a pint of Claret, or Red Wine, diffolve as much as you can of it; then decant the Liquor warily from the subsiding Faces, and with it, when well fettled, wash your Mouth Morning and Evening, and it will not only fasten the Teeth, but renew the Gums where they ore decayed or wasted.

Rub your Gums Morning and Evening, and two or three times in the Day besides, with Scurvy-Grass, and it will strengthen and restore the Gams, and fasten the Teeth, more-especially if the bruised Herb may lie all Night in the Month between the Gums and the Lips, or Cheeks.

Gun-Pouber, to Bemobe: If any Spots of Gun-peuder,

or Shot flick in the Face, or other Parts of the Body, you may remove either of them : by taking fresh Cow-dung, warming it, and putting to it a little Hogs-Lard, and applying it Poultiswise.

This will be best done (if you design to remove the Deformity) with a Blistering Plaister, which you may make of the Common Epispasticum of the Shops; laying it on over-night at going to Sleep. and removing it the next-Day. when it has lain on about twelve Hours, after which cutting the Blifter, you may heal the Sore. only by applying Colembrt-Leaves: If the first Blister has not done the work, you must apply a second.

Buts Griping: Take about a quarter of a pint of Brandy, and having made a Toast of Bread, 'not too fine and white, throw it very hot into the Brandy, and as foon as 'tis thorowly drenched. take it out and eat it hot: this being repeated two or three times, the Pain will cease. Or

use this, viz.

You may give at Night going to Bed, two or three grains of our Specifick Laudanum, or twenty, thirty, forty or fixty drops of our Guttæ Vitæ, in a Glass of Ale or Wine. Or, this mixture never fails the intention. Take of our Gutta Vita, Powers of Juniper and Aniseeds, of each an ounce, mix them: of this give a spoonful at Bed-time in a Glass of Ale or Wine. If it

is inveterate, or of long fand- Anticolicus, of each two ounces : ing, none is like to this. Take mix them: Dose a large Spoon-of our Guttæ Vitæ, Powers of ful in a Glass of Wine, every Juniper and Anisecds, Spiritus Night at Bed-time.

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Aberdine-19 pe : The Fish being boiled, take it from the Skin and Bones, and mince it with fome Pippins cored, feafon it with Nutmegs, Ginger, Cinnamon, Pepper, and Carraway-seeds, Rose-water, Raifins, and Currans, Sugar, fliced Dates, scraped Lemonpeel, Butter beaten up with Verjuice and White - wine ; and when these are so ordered. fill up a Pye with them, and being baked, ice it with Sugar diffolved in Rofe-water.

Bair to falten : If the Hair be subject to fall off, This faftens it, Take Red-Port - Wine a quart; Catechu, Roch-Alom, of each an ounce: mix, dissolve, boil a little, then strain, and keep it for use, with which wash the Head often, at least twice a day, viz. Morning and Evening, as bot as can be endured.

Dair to make grow Thick: Take three ounces of Honey, and a handful of the Tendrils of a Vine; bruife the latter with the former, and having heated them over a gentle Fire till the Honey is melted, anoint

the Place where the Hair is defective, or grows thin, and it will, in often fo ordering, fprout up, and become very thick and curling.

Take Juice of Onions, and make Multard thereof with Mustard by grinding them together: anoint this Morning and Evening over the bald places; it has been approved as a good thing. to make the Hair grow in bald places: but this must be underflood where the Hair is fallen off by accident, or some Disease, and while there is Youth and Strength in the Patient, but if the Baldness comes through Age, it is never to be cured.

And this makes Hair grow thick. Take Bears Greafe, Juice of Garlick, of each an ounce: Mustard-feed ground small half an ounce: Mouse-dung in fine Pouder fix drams, .mix them, and apply it plaifter wife. you add Turpentine half an ounce to it, it will be fo much the bet-

Bands to Beautifie: Take of the Oil of Myrrh half an ounce. Oil of Ben four ounces; Oil of Tartar, an ounce; the Oil of Spikenard half an ounce: mix and diffolve them over a gentle Fire: then strain it, put it into Boxes, anoint the Hands and Face with it, and it will not only take away Spots or other Deformity, but create a lovely charming Complexion.

This is an excellent thing to wash with : Take Saccharum Saturni an ounce. Roch-Alom fix drams: Wine-Vinegar a quart, mlx and dissolve: this beautifies the Skin, being wash'd therewith; and kills Worms, and takes away Bunches and Red Pimples in the Face, the Skin being wet therewith ten or twelve times a day. If you add a little Cochineel to it, it makes an admirable red Colour to colour the Cheeks and Lips therewith. Some use a Tincture of Soot made with Urine, or the Spiritus Univerfalis, for a Red Colour to colour the Skin with.

If the Hand's break out into Botches and Scabs: Take Rock-Alom, White Vitriol, of each an ounce a fair Water a quart : mix and dissolve; and then strain or filter through Brown Paper, with this wash the Hands or other Places three times a day. with the Liquor as bot as it can well be endured, and continue the Wash for a quarter of an bour, or almost half an bour at a time : It cures in eight or ten days at most, and sometimes in four or five; nor does it ever fail, though the Evil has been of twenty Years Standing.

Dare, If the is new-kill'd.

will be stiff; if large and white; clean kill'd, then she is good; if limber, then stale kill'd, and will be black upon the Flesh of her.

Bare Boil'd the french may: Take a large Piece of Beef that has a Marrow-Bone in it, as also a piece of Bacon, and your Hare; season it with a little Salt, and when the Hare is almost boiled, take it up and bruife fome Peafe, and fer them a boiling in the Broth, wherein the Hare was boiled; then take all the Bones out of your Beef, and put the Hare again into the Peafe, and the Peafe being boiled enough, take them up and strain them through a thin Cloth, and put the Pulp a boiling in a Pot by themselves: then dish up the Hare, and fmother it by covering it over with the Pulp of the Peafe, and it eats very excellently. In this manner they order a Capon or Tur-

Dare to Diels the French way: Take a Hare cased and washed from the Blood, as also some fresh Pork, or Veal, cut in handsome pieces of about three Fingers thickness; put it into an earthen Pot, or Pipkin, with Onions fryed with Hog's-Lard; then put to the Hare and Pork some Beef-Broth, as much as will half cover it, so set it a stewing on a gentle Fire, renewing it by degrees: then take Bread well toasted, and the Livers of

fix Fowl parboiled, put them to fleep in some of the Broth, then add Cinnamon, Ginger, Long-Pepper, Nutmegs, Cloves, and Salt, finely bruised, but not to Pouder, of each two drams: then with a little Vinegar and Claret-wine, strain it into the Pot where your Hare, Pork, or Veal is, and let them stew together till they are enough; then withdraw them, and so dish them up at your pleasure.

Bare Dached : Cafe it, draw it, and cut it in moderate Pieces, wash the Pieces in Claret and Water very clean, strain the Liquor, and parboil the Parts; then take and flice them, and put them into a Dish with the Legs, Head, Wings, or Shoulders whole; cut the Chine into many Parts, then put in two or three fliced Onions, and some of the Liquor wherein it was parboiled, flew it between the Dishes over a gentle Fire, covering it close till it be tender; and put to it some beaten Pepper, Mace and Nutmeg, ferve it on fine carved Sippers, running it over with beaten Butter and Marrow, garnishing with Lemons and Barberries.

Most are of Opinion, that these are best baked with their Bones, though some, more nice than wise, will bone them; however, being baked with the Bones, let the Bones be broke, and the Hare well larded, season it with Salt,

Pepper, Cloves, Nutmegs and Bay-leaves, put it into either white or brown Paste at your difcretion, and with it a fufficient quantity of Lard beaten, that it may as well conveniently lie under it as above; and being baked, flop the Funnel of the Pye, after having poured in some melted Butter, and fet it in a dry place to cool; and being cold. ferve it up; but observe, if you will bone your Hare, to leave the Flesh as whole as may be. and larding it with great Lard feason it as directed.

Bare to Boaft with her Shin : When it is imboweled, dry the infide with a clean Cloth, make a tarcing of stuffing of all manner of fweet Herbs, as sweet Marjoram Savory, Thyme, Parfly, &c. fhred very small, and rowl'd up in Butter; and being almost roasted, sley off the Skin: bread it with fine grated Manchet, Flower and Cinnamon very thick, and fo froth it up, and dish it on Sauce made of grated Bread, Claret, Wine-Vinegar, Barberries, Sugar, Cinnamon and Ginger; and garnish the Dish with Shalots, Lemon and Parfly.

have Boatted, another way: Having larded your Hare with small Lard, and stuck him with Cloves pretty thick, then make a Pudding of grated Bread, Currans, Eggs, Sugar, grated Nutmeg, beaten Einnamon,

Cinnamon, and a little Salt; you will do well to add fome fweet Cream: with this Pudding made pretty stiff, stuff the Hares Belly, and roast her: Venison Sauce is as proper as

any whatever.

Bare, another way : Put the Hart on the Spit or Gridiron, when it is hot through, cut it into quarters, and put it into hotHogs-Lard in aFryingpan; then steep toasted Bread in Beef-Broth and Whitewine, strain it through a Strainer with beaten Ginger and Cloves, add then fome Verjuice, fo that your Compofition may appear blackish, but not too thick nor binding; and fo with Butter, Mustard, Sugar, and Juice of Lemon well beaten, serve up this Dish, garnishing it with slices of Lemons and Greens : in the fame manner you may drefs Rabbits. but especially old Coneys.

Take a Shoulder of Mutton; or the bloody end of it, with the Head, Neck and Breaft, and cut it into small Pieces, and fry it in a Frying pan with tried Suet, Hog's-Lard and fome small shred Onions: this done, put it in a Stew-pan with Beef-Broth, and let it stew and boil with Parsly, Hyssop, and Sage shred small, and serve it up with Sippits, garnished with slices of Lemon, and green Parsley.

Darts-Horn Surnt : Take of Harts-Horn as much as you

think convenient, put it into a Crucible, and so put it into the Fire, till it becomes black, and continue it till it grows white; pouder it, and make it into Troches with Rose-water, and so keep it for use. In this manner you may reduce Ivory or Bone into a fine Pouder.

Of this calcined Harts-Horn we often make a Drink for such as are in Fewers, after this manner. Take Spring-water three quarts, Calcined Harts-horn an ounce: boil till a quart is consumed, then let it settle, and strain it, and sweeten it with two or three ounces of double refined Sugar, squeezing also into it the Juice of a Lemon. This Drink cools, and allays presernatural Heats, abates Fewers, of quenches Thirst admirably.

Harts = hoin Jelly; fee Jelly of Barts=hoin.

Darts-Conque: The Decoction of it in White-wine, is excellent for the Swelling of the Spleen, Flux of the Belly. and Spitting of Blood. If outwardly applied, it cleanfeth Wounds and Ulcers. The Pouder of it is of excellent use in the Palpitations of the Heart, for Fits of the Mother. and Convulsions, being taken in Small - Beer, and Poffet .. drink. A Conferve made of the green Leaves of it, is to the fame Effect.

Dash of Desters: Parboil about three quarts of Oysters in their Liquor, mince about two quarts of them small, and stew them with half a pint of

White-

White-wine, an Onion cut in quarters, four large Blades of Mace, and a grated Nurmeg, fliced Chefnuts, fome Piftaches, and a quarter of a pint of White-wine Vinegar, a pound of fresh Butter, Pepper, Salt, and a handful of fweet Herbs; stew them well on a foft Fire, and fry the remaining Oysters seasoned with Pepper, Salt and Nutmeg, in a Batter made of fine Flower. Eggs, and Cream; green it with the Juice of Spinage, and ferve them together with Lemon Juice, and a garnish of fliced Orange and Olives.

Wath of Scotch Collops: Cut a Leg of Veal in thin flices, beat them with a Rollingpin, and fry them with fine flices of interlarded Bacon, add fweet Butter, and being well fried, dish them up, put from them the Butter you fried them with, and put beaten Butter, with Lemon, Gravy, and the Juice of Oranges. Mutton may be hafhed the same way, only leave out the flices of Bacon: or if you would do them the French way, parboil your Meat, then take it up and pare off some thin flices on the upper and under fide, and round it; prick it through, and let out the Gravy on the flices, then shred and bruise Iome Thyme, Marjoram, Parfly, and Savory, and put to them fweet Butter and Verjuice, with some beaten Pepper; and when the Meat is

boiled or flewed, pour all the Herbs, Slices and Broth into the Dish, and serve it up garnished with Parsly and Barberries.

Ball'o Menison, the Dutch may: Cut a Haunch of Venison into Collops, fry it with Sweet Butter and Oyffers, adding a little Gravy or strong Broth, then having your Stewpan fimpering with Broth or Gravy, put it in with the Oysters, and fuffer it to flew about half an hour : and then strip in some Thyme and Winter-favoury, with a Blade or two of Mace, and fome whole Cloves and Pepper: then make Anchovy-Sauce, and with the Gravy ferve it up, garnish'd with Lemon-peel, and Shalots peeled and flit in halves, and fome few heaps of grated Manchet mix'd with Cinnamon and Pepper. This is very favoury Meat.

Baftereaux of Meal: Cut them out of a Leg or Gigget of Veal as thin as possible may be, and beat them with the back-fide of a Knife or Rouling-pin: then take fat Bacon or Lard, and Beef-fuet and fweet Herbs, mincing them very fmall, and mingling them together, feafon' them with imall beaten Spice and fine Salt; and having made them up round like 'an Orange, or balls of Venison, stew them. and ferve them up whole in good Broth, garnish'd with Oranges, and put some Ver-

juice into the broth.

past p = Dubbing: Take good New - Milk and boil it, then put Flower, plumped Currans, beaten Spice, Salt and Sugar, and stir it continually till you find it enough, then serve it in with Butter and Sugar, and a little Wine

if you pleafe.

Beab-ach to Cure: Take four ounces of Rosemary-flowers, stamp them, and infuse them in White-wine and Bettony-water: let them infuse in the Sun, or some other gentle Heat, sour or five days, the Glass into which you put them, being close stopt; then distil them over a gentle fire, and you will find an oily Matter; separate these, and keep them close stopt in different Glasses. Their Virtues are ex-

cellent ; viz. The Oil, by anointing the Forehead and Temples, eafeth all inveterate Head-achs, and strengthens the Memory and Sight: being dropt into the Ears, it helperh Deafness: some few drops of it in White-wine are prescribed for the Dropsie and Yellow-Jaundice. It helpeth the Colick, and Rifing of the Mother; and is an Antidote against Poison, and infectious Air, the Plague and Peftilence. It comforteth the Heart, and cleanfeth the Blood. makes a merry and chearful Countenance, and creates a good Colour. It purgeth out the Humours, by Sweat, that occasion the Itch, or any

Breaking-out. In short, It is a foveraign Remedy in all Distempers proceeding from cold and moist Humours. The Water is good for Beautifying, and sets a rare Complexion on the Face and Hands.

Take strong Vinegar, dip a Rose-cake in it, and sprinkle that over with scraped Nutmeg and Pouder of Worm-wood; lay it to the Forehead, and burn Feathersew under your Nose, on a Chasing-dish, that the Smoak may ascend up

your Nostrils.

The most inveterate Head-ach is sometimes cured by snuffing up the Nostrils Pouder of Nutmegs. which is as often to be repeated as the Cause shall require. If this does no good, there are few better things than the Powers of Amber, or Powers of Rosemary, which being suft up the Nostrils often at a time, and all bathed upon the Forehead and Temples, give present Relief: and this being repeated for some time, as the Disease shall require, gives infallible Cure. But at Bed-time it will be good to give the Patient 30 drops of my Guttæ Vitæ, and to bathe the Forehead and Temples therewith going to Reep.

mean Eath: To cover it with a comely Hair, if Age has not proceeded too far, and utterly denied it, Take a handful of Southernwood, dry it to Pouder, or reduce it to Ashes by Fire; mix it with the

Oil of Radishes, and anoint the place, and in a few times fo doing, you may perceive the Hair to sprout amain.

Bead Wieaking out : This mostly happens to Children, caused by the super-abundance of hot Humours, and is very afflicting and offensive to them: To cure it, boil some Olive-Oil and Vinegar, to the confumption of a third part; of Hogs-lard an ounce; anoint it with these, when they come to the thickness of an Ointment, both Morning and Evening; putting on, after the anointing, a Linen Cap; and give them to drink Whey, wherein Scabious, Agrimony, and a few Tops of Wormwood have been boiled, to clear and purifie the Blood.

Whether it be a Scald-head, or other kind of Scabbiness, or Scurf or Morphem: this is a most excellent thing. Take Beef-Suet 4 ounces, Oil of Ben or Oil-Olive 8 ounces, Flowers of Sulphur 3 ounces, Cinnabar finely ground one ounce, Oil of Tartar per deliquium an ounce and half: mix and make an Ointment with which anoint Morning and Ewening, till the place affected is perfectly well.

Bead to Clear : Snuff up in the Morning fasting, a spoonful, or somewhat less, of the clarify'd Juice of Ground-Ivy, or of Beets, spitting out, from time to time as much Liquor as comes into your Mouth.

Or you may diffolue an ounce of Sal Nitre in a quart or three pints of Spring-water, and to snuff the same up the Nostrils Blood-warm, Morning and Evening, so long till it comes out at the Mouth again. It is an excellent thing to clear the Head and Nostrils of all manner of

Stuffings or Stoppages.

This may be called a kind of Vertigo, for which nothing feems more excellent than the Powers of Rosemary to be taken inwardly. Morning, Noon, at 4 in the Aftermson, and at Night, about 60 drops at a time, in a glass of Beer, Ale or Wine, or other preper Vehicle, and also to bathe the Forehead and Temples Morning and Evening with the same. and to fnuff the same up the Nostrils 4 or 5 times a day, as also to be smelling to it at times. all the day long: This I have had great experience of, and it has cured, when all other things have failed, but this is to be noted, that if the Stomach is foul, it will be necessary to take a Vomit, or two or more, at four or five days distance of sime.

Head and Merbes: To comfort the Head and Nerves. strengthen them, and prevent the incidence of a Palsie, there is nothing better than to bathe the whole Head, Back-bone from the Neck to the Hips, and other parts. which are found to be weakned. with the Powers of Amber, and to do it Morning and Evening for 10, 15, or 20 days, taking in the mean season the Powers

of Rosemary, Lavender, Oranges, Limons, Sage, Marjoram, or Thyme inwardly in all the Patient Drinks

Bead Moife: If there be a beating or finging in the Head and Ears, Take a pretty large filver Eel newly caught, tie it to a Spit, and let it roaft without any bafting, unless with a little Water rubb'd on with a Cloth to keep it moist, having, before you lay it down, put some Cummin-feeds into the Belly of the Eel: then take what drops from it, and putting it into a glazed earthen Vessel, let it stand close covered with some fresh Cummin-seed on warm Embers, and then going to Bed drop three or four drops into your Ears, or into that only on which fide of the Head the Noise is most.

Or you may drop into the Ear the Juice of Wormwood blood-warm or the Juice of Centory the Lefs, doing it Morning and Evening for 6, 8, or 10 days or more, as you fee occasien. Or you may drop into the Ear this mixture. Take Oil of Ben, Oil of Amber of each equal parts: mix them well by Shaking, put 2 or 3 drops in Morning and Evening. you may drop in 3 or 4 drops of our Guttæ Vitæ, which is indeed an admirable thing, and by me much experienced in this cafe.

Bead to Burge: Take Agarick and Mastick, of each three drams; the Roots of Flower-de-

luce and Horebound, of each one dram; Turbith five drams in Pouder, Hiera Piera half an ounce, Pulp of Coloquintida and Sarcocol, of each two drams; Myrrh one dram, Sapa as much as shall suffice to make them into a mass of Pills. These purge very strongly from all parts of the Body, both Choler and Phlegmatick Humours, but especially from the Head and Breast, and are good against old Colds and Catarrhs. The Dose is half a dram.

Olive 6 ounces, May-Buster 4 ounces, Flowers of Sulphur 3 ounces, White Pracipitate an ounce and half: mix and male an Ointment thereof, and anoint

the Head therewith.

If the Disease is inveterate and flubborn, and will easily yield to Medicines, you may before you use the afore-going Medicine, bathe the Head very well (balf an hour at a time, the Liquor as hot as it can well be endured) with the following Composition, and to continue the use of it Morning and Evening, for 12 or 14 days, after which you may use the aforegoing Ointment with success. Take Spring-Water 3 pints, White Vitriol. Roch- Alom, of each one Ounce; Saccharum Saturni half an ounce : mix, diffolve, let it fettle, decant the clear, then filter through Brown Paper, and keep it for use, as before directed.

Another: Take half a peck of Oyster-shells, out of which the Oysters have been newly taken unshell'd; calcine them in a clear Fire so that they may be reduced to Pouder; sift it as fine as Flower, and mix it with White Ointment, so that it may be something stiff, and anoint the Head with it daily, and you will soon find the Effects answer your desire.

Bearing: For Thickness of Hearing, For to reftore the Hearing, nothing is said to be better, than to drop into the deaf Ear the Tinsture of Ambergriese, Civet or Musk made with Spirit of Wine, and then to flop the Ear with Cotton, in which a little Civet or Mask is put. So also this mixture is good to drop into the Ears. Take Oil of Bitter Almonds, Oil of Lemons or Oranges, of each equal quantities: mix them by shaking, and drop thereof into the Ears Morning and Evening, for Several days together, stopping the Ears with Cotton dipt in the Same.

Dearing to Becober: Take Juices of Celandine and Daisie roots, and drop into the Ears, stopping them afterwards with Black Wool or Cotton, lying on your Back, with your Head very low, for the space of half an hour after it; and in twice or thrice so doing, you will find great advantage by it.

Beart-Burning: Take Red Coral finely poudered about a dram, take it in White-wine or Ale: for want of this, scrape some Chalk that has been well burnt in the Fire, and drink it in the abovesaid Liquors.

Or you may take from a scraple to half a dram of Terra Sigillata, or fine Bole in a little fair Water and Sugar, repeating it as you see occasion; and no ways inferior to these things are Crabs Eyes, or Crabs-Claws, levizated or ground to a fine Pouder: And Chalk unburnt in fine Pouder, will do as well as burnt, and perhaps better too: Or a pint of Milk and Water mixed, and drank together:

Deart to Chear and Comfort: Nothing do's this better, than to take now and then a dram or two of the bift and firongest Cinnamon-Water: Or in place thereof our Aqua Bezoartica, which is even yet Superior to it: Spirit of Saffron is also an excellent thing in this very case.

The most famed thing in this case, is the strong Spirit of Angelica, which cures fainting and Swooning Fits: and next to this is the Spirit of our ordinary Garden Bawm, which is a great and a generous Remedy: to these things you may add those mentioned in the former Paragraph.

Heart-sichness to Bemobe: Take Ale, and make a Possetdrink thereof: then clarisie it, and seeth Pimpernel in it, till it becomes strong of the Herb; sweeten it a little, and drink it often.

If it is from any thing offend-

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ing the Stomach, or too great fulness, from eating too plentifully, or of Meats displeasing the Stomach, it is only to be cured by giving a good Vomit or two: otherwise if it is from weakness of the Tone of the Stomach, the Gordials mentioned in the former Section are good.

heat in the Epes: Beat the White of an Egg, and diffolve in it a pretty quantity of fine Loaf-Sugar; beat them till they become thin, then

drop it into the Eye.

Take White Rose-water, or rather Poppy-water a pint, Saccharum Saturni 2 drams: mix and dissolve, and mash the instanced Eyes often with the same. Or take White Rose-Water, Juice of Housleek, if each equal parts: White-wine as much as both them: mix and let them settle, decant the clear, and wash the Eyes therewith.

Gloth in the Juice of Lemons, with Salt and Alom heated in White-wine; and in often appyling ir, the Heat or Redness of the Face will be removed, and the Skin become clear, smooth, and of its pro-

per Colour.

Deats or Justammations of the Eyes: Take the Pouder of Tutty-stone, Aloes and Sugar, of each an ounce, Roch-Alom, half an ounce, White-Vitricl 2 drams: infuse them in a quart of Red Rose-water and White-wine; being put into a double Glass, and placed in

Balneo Marie five or fix days, with often shaking: Wash the Eyes with this often, so will you find a speedy Remedy.

beat of the Liber: Take Liverwort, Garden and Wild, and Endive, of each a handful; Maidenhair half a handful: boil them in Water with a little Sugar; and being clarified, put into the Decoction a little White Port Wine, and drink it alone, and in your usual Drink for a Week together, or as you see occasion. The Dose is a quarter of a pint at a time.

Syrups of Lettice, Purstane, or Cucumbers, are excellent things for this purpose, taking 3 spoonfuls, Morning and Evening, for some convenient time; but that which is superior to all these things is our Syrupus Antifebriticus, or Syrupus Nephriticus, which pleasantly cool without any thing of danger, and may be safely given in a spoonful, two or three to

Helleboze, to Dzepare: Infuse the Roots of Black Hellebore in the Juice of Quinces three days in a moderate Heat, then dry them, and keep 'em

for use.

Children.

themlock: This, by reafon of its Coldness, is supposed to be poisonous; yet it is frequently used and not withour success, for Tumours and Inflammations of the Spleen. A Caraplasm or Plaister of it with Ammoniacum, powerfully discuss all Tumours of hard Swellings.

Bemlock Plaifter : Take of the Juice of the Leaves of Hemlock four ounces; Vinegar of Squills, and Gum-Ammoniack, of each eight ounces; diffolve the Gum in the Juice of Vinegar; and after a fufficient Infusion, make them into a Salve over a gentle fire. This is a very good Plaister to foften hard Swellings, or take away Inflammations.

Hemogrhoids : The Piles or Hemorrhoids, if not yet broken, are cured at twice or thrice anointing them with Oil of Amber, Oil of Anniseed or of Sweet Fennel-Seed: But if they are broken, then these things will be too bot. and be apt to cause Pain: In this case you may dress them with this Ointment. Take choice Oil of Nutmegs by expression an ounce; Saccharum Saturni three drams: mix and anoint therewith. they be ulcerated, and the Ulcer is foul, you must dress them with this. Take Turpentine, Oil of Mace by expression, Oil of Ben. Balsam de Chili, of each half an ounce; Saccharum Saturni one ounce: mix them, and anoint often therewith; applying Lint dipt in the same upon them.

hen, in January spends better than the best Capon or Pullet, if she be Young, and full of Eggs; and that you may know by her foft and open Vent, and by her Red Comb. If you feed her oft with Toast taken out of Ale with Barley boil'd, they will lay often, and all the Winter.

If the eats her Eggs, lay a piece of Chalk, cut like an Egg, at which she will often be pecking and losing her labour, she

will refrain the thing.

Den=Dye: Parboil your Hen, then cut off the Legs and Wings as when the is carved. cut off the Merrythought and through the Breaft-Bone, fo also the Carkass, that she may be handsome to lie in the Pye, break the Bones, feafon her with a little Pepper and Salt, Cloves and Mace; then put her into your Pye, with fome pieces of Lamb-stones, Sweetbreads, and Salfages, and after Oyfters between, with hard Eggs, and two Onions cut in halves, fo put on Butter, and close up your Pye: when it is baked, let your Lear be a little Claretwine, ftrong Broth, beaten up with the Yolk of Egg, a grated Nutmeg, and drawn Butter, pour it into your Pye, and shake it together.

Bens, Capons, or Pullets to 2Boil : After they are boiled with a piece of Bacon, take a pint of strong Broth and White-wine, put in a pound of Salfages, two or three whole Onions, a little Nutmeg and large Mace, a few Sweet Herbs, a quart of Oysters, a little minced Thyme : let them boil up together, thicken them with the Yolk of an Egg, and a little drawn Butter, dish them up on Sippets: then pour your Lear and

Oyfters

Oysters upon the Breasts, and the Salfages round about, with slices of Bacon betwixt; garnish them with Lemon, and strew them over with the Yolks of hard Eggs minced.

Dern=19pe: Take your Hern, and pull the Feathers and Stumps clean off: break the Breast-bone, and lay it to foak in warm Water and Salr for the space of an hour; then having Sweet-Herbs and Onions shread, make little Balls of them, flicking them together with Butter, and put it into the Belly; feafon it with Salt, Pepper, Nutmeg. Mace and Ginger finely beaten; then lard the Breaft, and Hick pieces of Lard under the Wings: lay also other Balls about it of the Composition of those that were put into the belly, till the Coffin is full: then sprinkle on some Juice of. Lemon, and so bake it for two hours: and when it is enough. pour melted Butter into it, fet it in a dry place till cold, and then ferve it up.

Hern to Boast: Take a Hern that is not too cold, lard the Back and Breast after you have parboil'd it; then put it on a Spir, baste it with Butter and White-wine beaten up together, and dridge it with grated Bread and Sweet-Herbs cut very small: and when it is sufficiently roasted, make a Sauce of the beaten Yolks of Eggs, Anchovy, Claret, and Vinegar: garnish your Dish

with Oranges, Lemons, Savoury, and Tops of Rosemary.

Detrings, Sprats, or Ditchards to Bioti: Gill, wash, and dry them, season them with Salt, then broil them over a soft Fire, and baste them with Butter; being enough, serve them up with beaten Butter, Mustard and Pepper, or your Sauce may be the Juice of their own Heads squeezed between two Trenchers, with some Beer and Salt.

Take about eight middle-fized Herrings, the foft-Roes are the best, slit them down the backs, and taking out the bones, rub them over with Pepper and Salt: thence mince Onions, Leeks and Apples, and scrape in Lemon-peel; then strew over them some Nutmeg finely grated, half a pound of Currans, and mix a pound of Butter with a little Flower, and place it above and beneath in thin slices.

Diccough: This is dangerous when it happens in Fewers; therefore to remedy it in that extremity, Take only two or three preserved Damascens at a time, keeping your Mouth close shut, and holding your breath now and then.

If this Hiccough has continued any time, and feems to be extream, if it be not ftopt, it in the end kills the Patient; and in this case nothing will do but Opiates; Opiates; of which kind there is nothing better than our Volatile Laudanum or Laudanum Specificum, or Dr. Gardiner's Laudanum Samech: If the Patient is costive, and has not gone to Stool for some considerable time, the Belly is to be loofened by this Take Poset-drink Clyfter. pint, brown Sugar 4 ounces : mix and make a Clyster: And then instead of the former Laudanums you may give 6, 8, or 10 grains, or more, of our Cathartick Laudanum every Night at Bed-time, which stop the Hiccough, open the Bowels, ease Pain, give a Stool or two the next day in the Afternoon.

Dippocras of White wine: Take about three quarts of the best White-wine, a pound and an half of Sugar, and an ounce of Cinnamon; two or three Tops of Sweet-Marjoram, and a little whole Pepper; thefe run thorough a filtering bag with a grain of Musk; then add the Juice of a large Lemon, and when it has taken a gentle heat over the Fire, and flood for the space of three or four days close covered; put it in bottles, and keep it close stopt, as an excellent and generous Wine, as alfo a very curious Cordial to refesh and enliven the Spirits: Or, if you think it best, as to the Colour, you may make it of the Colour of Claret, though this at pleasure may be coloured with Red Wine, Syrup of Elder-berries, Mulberries, Clovegilly-flowers, &c. It

easeth the Palpitations and Tremblings of the Heart, and removes the Causes of Pannick-Fears, Frights, and sudden Startings: It giveth Rest to weary Eyes, and heats the cold Stomach.

Dispidula, known otherwife by the Name of Colts foot, is an Herb growing on Hills, and bearing a Red Flower, and fometimes a White: it has a peculiar Virtue against the Ulcers of the Lungs, Phthifick, and Spitting of blood. A distilled Water of the whole Plant, and a Syrup made of the Juice, are either of them admirable good against the Consumption of the Lungs. The Essence of the Juice is fingular good against the Bloody-flux, and other Fluxes of the Bowels.

Poarfences: Take three ounces of Hyffop-water, and fweeten it with fine Sugar; then beat well in it the Yolk of a new laid Egg, and drink it fasting.

This is an usual and good Remedy: Take Oil of Sweet-Almonds new drawn; Syrup of Violets, or of Clowegilly-flowers, of each equal parts: mix them by shaking them well together in a glass: Dose 2 spoonfuls at a time in the Morning fasting, at ten in the Morning, at four in the Afternoon, and at Bed-time, at which time you may give 3 or four spoonfuls: If you cannot get Oil of Almonds, Sallet-Oyl will do; or choice new made fresh Butter,

melted

melted and mixt with the Syrup, and mixt by shaking together whilst it is hot: This is allo Exrellent. Take choice new-made fresh Batter 4 ounces; double refined Sugar in fine Pouder 6 ounces: mix them, and work them together cold, of which the Pitient may take as much as a Walnut four times a day.

Boney Clarified : Boil Honey that hath been fcumed with the Whites of Eggs, until it come to a thickness : then take it off the fire; and when it is cool, put it up for your use. This is good in Inflammations, either taken inwardly, or outwardly applied to any Part where extraordinary Heat is predominant.

Doney of Baifins : Take three quarts of Water, heat it, and when it bubbles up, fcum it: stone two pound of Raifins, and put them into it till they fwell and are pulpy; then boil them to the confumption of half the Water; then strain and press out the remainder of the liquid part; boil the Decoction to the thickness of a moderateHoney; and then add two pound of clarified Honey, and being well mingled, boil it to the thickness of a perfect Honey.

This is good for any Stoppages or Defects in the Lungs; if mixed with White-wine, it helps Digestion; and mixed with cooling simple Water, is

given in Fevers.

Honey of Miolets : Take

of the Flowers of Violets, the bottoms chipt off, viz. Purple. Violets, two pound; infuse them in two quarts of Water, boil them up, and add two pound of Honey, and fo boil them up to the thickness of an Honey, and press the liquid part thorough a Linen Cloth.

This allays the Inflammation of the Liver, cures Sore Mouths; and mixed with the Decoction of Wood-Sorrel and Barberries, is cooling, and much allays the Heat of Fevers. Thus you may make

Honey of Roses.

Bordeum and Bordeolum: This is an Excrescence growing on the Eye-Lid: To remove it, Take Housleek, dry it, and bring it to a Pouder; then take Housleek-juice, and make a Cataplasm of the Pouder, and cover as much as is needful of it, viz. to the thickness of Half a Crown, or a Crown-piece, in the fold of a Rag; fasten that part then upon the Eye, and let the rest of the Cloth bind round the Head, and fo let it continue all Night, and repeat the Application two or three times, if need require.

Hominum, or Clary, (by forme called Clear-Eye:) There are two forts of this, Garden and Wild. The Herb and Flower is Cleanfing, Attenuating and Strengthening, and is good to be eaten by those that have weak Backs, or Pains in them. The Seed of it con-

cocted

cocled in Spring-water, is wonderful good for clearing the Eye-fight, the Eyes being washed therewith. The Pouder of the Leaves snuffed up the Nofe, purge the Head and Brain of Phlegm. A dram taken inwardly, provokes Ve-The Effence of the nery. Tuice strengthens Weakness in the Reins, and much availeth in Barrenness, comforting and ffrengthening the Womb. A mucilage of the Seed discusses Swellings. The Leaves of Wild Clary are discussive strengthning, and clear the Sight.

Dotch-pot of Beef: Take a Brisket Rand of Beef, any piece of Mutton, and a piece of Veal; put this into a fufficient quantity of boiling Water, keeping it clear from the Scum: then put in Sweet-Herbs, minced Cabbage, but not too small, and Carrots sliced: let them boil almost to a Jelly, and so serve them

up on Sippets.

Put your Pigeons (drawn, and a few Sweet-Herbs finely shred, and mixed with Butter) into a Pot, as many as you think convenient: then put to them some strong Broth, after you have laid between them some slices of interlarded Bacon, beaten Nutmeg, Ginger, and a little Saffron, that they may give them a colour; then make em boil a pace, and when they are boiled enough, put in some Verjuice of Giapes, cr

Wine-Vinegar, and fo feafon them with a little Salt and Pepper, and ferve them up on Sippets. And thus you may order aHotch-pot of (hickens, only these you must cut into quarters, and lard them with imall fquare pieces of Bacon-Lard, and boil or flew them not too haffily : you may add some Sweet Herbs shred small. and a piece of Butter; and being enough, garnish and ferve them up as the Pigeons. This way you may draw any fort of small Fowl, either Wild or Tame.

humours fallen into the Epes: To remedy this Grievance, Take of White-wine fix ounces, Red Rofe-water the like quantity, Tutty-flone in Pouder half an ounce, Aloes a dram . Loaf-Sugar finely poudered half an ounce : put them into a Glass with a narrow Mouth, stop it close, and let them infuse in the Sun, or some warm place, about three Days, then draw off the clear Water separated from the setling, and wash the Eyes with it frequently, and it will restore them to their strength and firmness of Sight without any Trouble.

If the Humour is very sharp, wash the Eye with this. Take White Port Wine, good Brandy of each equal parts: mix them: with this wash the Eye 3 or 4 times a day: If it is from weakness of the part, drep Brandy unmixt into the Eyes 2 or 3 times a day, and it will care to a Wonder.

Wonder. But if the Rheum is violent hot, and there is Inflammation withal; then wash them daily with this Collyrium, or Water. Take White Port Wine a quart; Saccharum Saturni three drams; Roch-Alom a dram and half: mix them, difsolve and filter it for use.

Furt in the Eye: If the Hurt makes a Wound in the Eye, Take 3 ounces of Cellandine-water, put to it three drams of Clarified Honey, stir them well together, and add sixty drops of Elixir Proprietatis to it, and dress the Eye with it. This Mixture must be made fresh once in two or three Months.

1) vozomel, a fhort way: To make this, Take two Gallons of Spring-water, boil it over a gentle Fire, keeping it scumming till no more will arife, then put in a pound of the best Honey, adding a little Fennel and Eye-bright tyed up in a bundle, and so let it feeth till the third part be confumed, fcum it very well, strain it through a fue Cloth or Sieve, and with a quarter of a pound of Sugar Candy finely beaten, put it up in a Vessel, and keep it close stopped; and it is an excellent cooling Liquor, greatly 'comforting and reviving the Spirits in Fevers and other hot Diseases, and is good in extream Costiveness to loosen the Belly, and contributes much to the freeness of making Urine.

Profciamus, or Benbane : A Cataplasm of the Roots applied in the Gout, Tumour or Tooth-ach, gives present ease. The Leaves which have all the Virtues, and Preparation of the Root, wonderfully mollifie and eafe Pains, being layed on a Poultis. A Distilled Water of the Flowers and Seeds, not ripe, and an Oil compressed out of them, cure the Pains in the Teeth and Gout, and are held to help Deafhess and Noise, and Worms in the Ears, if dropt into them, though not too much. A Cataplasm of the Leaves boiled in Vinegar and White-wine, eases all Inflammations of the Eyes, affwages Swelling of the Cods, or in Women's Breafts: Gives eafe to the Sciatica, and other Pains in the Joints, proceeding from hot Causes.

Dyffon, its Virtues: The Qualities are piercing and attenuating, opening and abstersive, and therefore it hath power to heal and purifie. Being concocted with Figs, Honey, and Rhue, of an equal quantity in fair Water, is good for Inflammations of the Lungs, old Coughs, Difficulty of Breathing and Catarrhs. It kills Worms in the Belly, and being beaten with Salt and Cummin, it remedies the poisonous Biting of Serpents, if immediately applied to the Wound with a mixture of Honey. It is profitable to those

that

troubled with that are the Falling-fickness, the Decoction of it being drunk in White-wine, as also to cause the voiding of Phlegm, especially when it chiefly oppreffes the Stomach and Lungs, as also the phlegmatick Maladies of the Brain and Sinews; and not only purgeth, but also for-It drieth away tifieth them. Ventofities, and moveth Appetite; provokes Urine, and lessens the shaking of the Ague-Fit, sharpens the Sight, and supporteth a good Colour. It is good for the Spleen and Dropfie, and is fingularly good against the Quinsie in the Mouth and Throat, being gargarized with the Decoction of it, and Figs in fair Water. The Oil made of the Leaves and Flowers, helpeth refrigerated or benumbed Sinews and Nerves, and strengthens them.

hpfterick Affections: Take an ounce or fufficient quantity of Volatile Salt of Harts-horn, drop on it as much Spirit of Tartar as will fatiate it, when the Conflict is over; digeft and mix it for a while, that it may acquire a redness in Colour, and keep it carefully ftopt. The Dose is 10, or 12 drops in any convenient This is excellent good Syrup: for the Genus Nervolum, and other Distempers and Afflicti-

Besterich-Balsam: Take Galbanum, Opopanan, Assa Futida, Sagapenum and Gum Ammoniack, of each a dram: diffilled Oils of Rhue, Juniper-Berries, and Amber, of each a scruple: melt the Gums in an Earthen Vessel, and mix the Oils, and make a Balsam by remixing them over a gentle Fire.

This Balfam is very excellent to fuppress the Vapours of the Matrix, put up into the Nostrils, and by anointing the Navel with it, it provokes the Terms, or by applying it to the lower part of the Belly.

Hysterick Elipir: Take the distilled Oil of Wormwood, Pennyroyal, Amber, Feathersew, and Rhue, of each half a dram; Tincture of Castor and Sassron, of each three onnces; refined Sugar one ounce: make these into an Elixir, and let it stand ten Days before you use it.

It is an excellent Elixir against all Diseases and Infirmities of the Matrix. The Dose is from half a Spoonful to a whole one.

Dylterick=Liquo2: Take of Castoreum two drams, Saffron and Camphire of each an ounce: let them macerate fifteen days in a pint of Aquavita, not being set on any Fire, and then filter the Liquid part.

Take Spiritus Universalis six ounces; Castoreum, Camphire, Sasfron, of each 2 drams: the Castor being in Pouder, put all into the Spirit, and digest 24 Hours, then decant off the clear. Dose from 20 to 30 drops, in Beer, Ale, or Wine.

This

This is an excellent Specifick to suppress Vapours, efpecially in Women, when arising from the Matrix : it may be taken upon any occafion, the Party who takes it bethat it may opeing fasting, rate the better, from half a spoonful to a whole one. It alfo may be fnuffed up the Nostrils, or the Temples bathed with it, to ease Pains in the Head, and prevent the ascending of offensive Vapours to the Brain.

Dofterical = Mapours : These are usually called Fits of the Mother: To cure or avert them. Take the Liver of a hunted Hare, hang it up for a time in a dry place where it may not putrefie, till it may be reduced to Pouder, then take two or three scruples at a time in any convenient Li-

quor.

Or which is better, you may take 20 or 30 drops of Spirit of Sal Armoniack, or Spirit of Harts-horn in a Glass of White Port Wine, or in cold Well-Water, which sometimes is better: salt of Amber given at Night going to Bed, and in the Morning fasting to 10 or 12 grains, is a famous thing, not only to cure them when come, but also to prevent their coming again. These Pills also are good for the same purpose.

Take Affa Fætida, Ammoniacum Galbanum, Sagapenum, fine Aloes; of each an ounce; Opium half an ounce: mix, and with Rose-Water make aMass of Pills: Dose from 10 grains to a scruple, at Night going to Bed. It is a

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most choice Secret.

Hpfterick = Wlater : Take the Roots of Briony, and Peony, Orange-peels, of each three ounces; Mugwort, Bawm, Featherfew, Pennyroyal, Savin, Elder - flowers, of each a handful; Myrrh and Castor, of each an ounce; Saffron two drams. Let thefe macerate twenty four Hours in two quarts of Canary, a quart of Orange-flower-water, and distill them all on a Sand-Bath.

This Water is very highly commended by most learned Physicians for the Cure of the Distempers and Grievances of the Matrix. The Dose is an

ounce and an half.

Or take this, viz. Juice of Neppe, Wormwood, Mug-Pennyroyal; Elderwort, flowers, and Hyslop, of each half a handful; distill them. and preserve the Water for Use. This is not so powerful as the other, though very good, and contributing much to the Ease of the aforesaid Grievances and Diftempers.

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JA

Acobine = Pottage : Take either a Capon, or two Brace of Partridges, roaft them, and take out the Bones, and mince the Brawn very small, then breaking the Bones, boil them in strong Broth with a handful of Sweet Herbs, in an earthen Pot: then strain out the Broth upon Sippits of Bread, and lay on the Bread a layer of Flesh or grated Cheese, then put over it some Broth of Almonds, and make it boil; then fill up your Dish by little and little, till it be quite full, fo garnish it with the ends and pinions of the Wings, and the Bones, by sticking them end-ways in your Pottage, beat then the Yolks of three Eggs very thin, mix them with a little Almond, or other Broth, and pour them over the Pottage, and fo ferve it up as a dainty Mess.

Taundice in Children : Take half an ounce of the best Rhubarb, make it into a Pouder: then take two handfuls of fine Currans, and incorporate it with them, when extraordinary well beaten, and To make it up into an Electuary: And of this, let Children take the quantity of a Nutmeg at a time fasting, and

fast an Hour after it for several Mornings fucceffively, as much at Noon, and the like at Night

going to Bed.

Jaundice Pellom : Take an ounce of Castile-soap, slice it thin, and put it into a pint of cold Small-beer; fet it on the fire, and let it boil a little : then fcum it once, and strain it through a Sieve, and drink one half of it in the Morning, and the other in the Evening: take a lump of Sugar after it. and fast two or three hours. Taking this, will not hinder any moderate Business. the Distemper be far gone, you may take it once or twice more in two or three daystime atterward.

Jaundice Pellow, another: Take two or three ounces of Hemp-feed, and boil them in New-Milk till fome of the Seeds begin to open and burft, or somewhat longer; then strain out the lighted part, and drink it very warm, renewing it, if occafion require, for two or three .

days together.

The Jaundice, whether Black or Yellow, is cured in a very short time, by giving a Vomit of Tartar Emetick a gr. iij.ad v.or vj. in the Morning faking, drinking. good ftore of warm Poffet-drink

after it, and repeating it three or four times, as you see occasion, and then giving the Black Tin-Eture or Syrup of Steel, a Spoonful or two in the Morning fasting, and at Night going to Bed, our Volatile Laudanum from three grains to five or fix, and continuing the use of these Medicines for some time, the Cause will be taken away, and the Yellow Colour removed, almost as it were by a Miracle:

Ice and Snow: Take New Milk and some Cream, and mix it together, and put it into a Dish, and set together with Runnet as for a Cheefe, and stir it together; when it is come, pour over it some Sack and Sugar, then take a pint of Cream, and a little Rose-water; and the Whites of three Eggs, and whip it to a froth with a Birchin Rod; then as the froth arises, cast it upon your Cream which has the Runnet in it, till it lies deep, then lay on bundles of Pre-Barberries here and ferv'd there carelefly, and cast more Snow upon them, which will look very well; then garnish your Dish, being broad brim'd, with all kind of Jellies in pretty Fancies, and feveral Co-

lours. Telly: Take a dozen of Calves-feet, scald them, and take away the Fat between the Claws, as also the great long Shank-bones; lay them in Water four or five hours, and boil them in two gallons of

Spring-water : keep them fcumming till the Water comes to about three quarts; then strain it through a thick linen Cloth, and let it cool; and when it is cold, cleanfe it from the Setlings: pare off the top, and melt it; then put into a large Pipkin three quarts of White-wine, and three races of Ginger fliced, fix or feven blades of Mace, and a quarter of an ounce of Cinnamon, a grain of Musk, with eighteen Whites of Eggs beaten with four pound of fine Sugar: mix them with the Jelly in the Pipkin, then put in the Juice of threeLemons and let them boil leifurely; then strain it again, and run it, and ferve it up with any Meats, or other things that require Jellies. 'Tis very good to strengthen the Back, and enable Generation.

Tellies, their proper Meats: 1. Three pair of Calves-feet. 2.A Knuckle of Veal, and a fine well-flesh'd Capon not very 3. One pair of Calvesteet, a well-flesh'd Capon, half a pound of Harts-horn, and an ounce of Ifing-glass. 4. An old Cock, and a Knuckle of Veal. 5. Harts-horn, and a Pullet. 6. Good bodied Capons only. 7. A Cock or Capon with Ising-glass. 8. Jelly of Hogs feet. 9. Sheeps-feet, Lambs-feet, and Calves-feet. And these may be all ordered as the fore-going, for matter of boiling and straining.

Belly of Apples , the | in fix quarts of Water, keep-French way: Make a Decoction of Apples pared, fliced, and cored: then run it thorough a fine Cloth, and to a quart put about three quarters of a pound of Sugar, and fo boil it up to a Jelly. This is very cooling and wholfom for the Stomach, and good to be given in Fevers, and hot Difeases; yet it must be taken, in fuch cases, with moderation.

Jelly = 2520th : For the true making this, observe what is material, besides the matter to be jellied, viz. the Meats; add a quart of Whitewine, a pound and a half of Sugar, fix Eggs, two Nutmegs fliced, a quarter of an ounce of Mace, two Races of Ginger fliced, a little flick of Cinnamon grofly bruifed, two grains of Musk, and Ambergreafe.

Sometimes, for variety, instead of Wine, use Grape-Juice, a quart of the Juice of Lemons, a pint of the Juice of Oranges, a quart of Woodforrel, or a quart of the Juice

of Quinces. Jelly Crystalline: To do this, Take half a dozen Calves-feet, scald off the Hair, take off the Claws, and take out the great Bones and Fat; then casting the Flesh into fair Water, fhift them three or four times a day and a night, and in the morning

ing it very clean fcumm'd till it is reduc'd by boiling to three quarts; then strain it into a clean earthen Vessel, and when it is cold, take away the Drofs from the bottom. and the Fat from the top, if any remain there; then put it into a large Pipkin of fix quarts, and put to it two quarts of old White-wine and the Juice of four Lemons, three blades of Mace, and two races of Ginger fliced; then melt or dissolve it again into Broth, and let it cool, and then have four pound of Sugar ready beaten, and in a large Dish mix it with twelve Whites of Eggs; then put them into the Pipkin where the Jelly is, and fo ffir them together with a grain of Musk, and Ambergrease: put it in a fine linen Cloth bound up, and a quarter of a pint of Damask-Rose Water, and set it a flewing on a gentle Charcoal-fire; before it boils, put in a little Ising-glass; and being boiled, cool it, and then run it up.

Jelly of whole Currans : Boil to candy four pound of fine White Sugar clarified with the Whites of Eggs; put into it Red Currans about five pound: let them boil together till they are almost become a Jelly, then put into it some wholeCurrans fresh and cleanly pickt; and when they are enough, put them into the Suboil them in a glazed Pipkin; gar; but let it be very clear; and

well ordered; and foum it well while it boils with the Sugar, and so you will have an excellent Jelly, very cooling and grateful to the Stomach, and useful for restoring

a lost Apperite.

Belly of fleih: Take a Red Cock, and a Knuckle of Mutton, or the Sinews and Knuckle of Veal with a little Mutton, Raisins of the Sun stoned; boil all these to pieces: then take the Vessel wherein they boil, from off the Fire, pour out what is in it into a wooden Vessel, and break and mix it together very well: then run it thorough a Strainer; and when it has flood all Night, fcum off the top and feafon the rest with Sugar, a flick of Cinnamon broken very fmall, a blade or two of Mace; fo boil itup again, and strain it through a Jelly-bag for use. It is exceeding nourishing and good for those that are in, or enclining to a Confumption; also to restore weak and decayed Bodies.

Jelly of Goofeberries, the French way: Take Goofeberries, and prefs or bruife them, and strain out the Pulp thorough a Straining-cloth: measure the Juice, and to every pint put three quarters of a pound of Sugar: make it boil up well together; and when it is so well boiled, that some of it being laid on a Plate, it will not stick, but come clean off, then strain it, and keep

it to put into Tarts with Pears, Apples, Quinces, or the like, to make them tafte like Goofeberries, when Goofeberries are out of feafon. And so you may Jelly Raspberries, Cherries, Currans, or any such like soft Fruit.

Wellv of Barts-horn : This has been a long time greatly in request. To make it, Take half a pound of Harts-horn, boil it leifurely in Spring-water close covered, and in a well glazed Pipkin that will hold a gallon: boil it well; when 'tis cold, strain it thorough a fine Cloth, and put it into another leffer Pipkin, and with the Juice of eight or nine large Lemons, a pound and a half of double-refined Sugar, and fo let it boil a little, and put it into a Gally-pot or small Glass, or cast it into a Mould. or any fashion you fancy best. This is by Physicians held to be a special Cordial, and a great Strengthener; a Reftorer of Consumptive Bodies, or those fallen away by long or violent Sickneffes.

Jelly to Make: Take a large Leg of Veal, cut away the Fat as clean as you can; wash it well, and let it lie a soaking a quarter of an hour or more, having first broke the Bones: then take four Calves-feet, and scald off the Hair in boiling Water, slit them, and put them to your Veal; boil them over the fire in a brass Pot, in two gallons

or ten quarts of Water, according to the proportion of the Meat: scum it very often, and so continue it till it is boil'd away to three pints; then strain it thorough a clean Strainer, and let it stand till it be quite cold, that it will eafily be cut out; pare the top and the bottom, and then put it into a Skillet: then take two ounces of Cinnamon bruised, and Nutmeg sliced, a race of Ginger, and a large Mace or two, a little quantity of Salt, and a spoonful or two of Wine-Vinegar, and the Whites of Eggs well beaten: put all to the Jelly, and then fet it on the Fire, and let it feeth two or three walms, flirring it all the while; then strain it thorough a Jelly-bag, and eat it. when you find Nature weakned or decayed, and it greatly strengthens and fortifies it.

Telly of Danges oz Le-Take the fairest and mons : thick Rinds cut them in halves. take their Mear clean out, then boil them in feveral Waters till a Straw will run through them; then wash them in cold Water, pick and dry them: then take to a pound of thefe, one quart of Water, wherein thin flices of Pippins have been boil'd, and that the Water feels flippery, take to this Water three pound of Sugar, and make thereof a Syrup, then put in your Peels and scald them, and set them by till the next day, then boil

them till you find the Syrup will Jelly; then lay your Peels into your Glaffes, and put into your Syrup the Juices of three Oranges, and one Lemon; then boil it again till it be a sliff Jelly, and put it to them.

Jelly of Dippins: Take twelve fair Pippins, core them, and boil them in three pints of Spring-Water till one half is confumed, then put in half a pint of Rofe-water, one pound and half of fine Sugar, and boil it uncovered till it come to the colour of Amber; if you would know when it is enough, drop fome thereof from your Spoon upon a piece of Glass, if it stand, it is enough ; then run it into an earthen Pan upon a Chafing-dish of Coals, and while it is warm. fill up your Boxes or Moulds with a Spoon; let it fland till it be cold, then turn it out of your Moulds, and ferve it at pleafure.

Jelly of Duinces: the French way: Make a Decoction of Quinces pared, quartered and cored, till they are very foft, so that they may be mash'd and mingl'd with the Water they are boil'd in; then strain them thorough a Straining-cloth, and boil the liquid part up again with Sugar, a pound to a quart, till it comes to a reddish colour: then scumming it lightly, let it settle, and take off the siness part, when it is warm, put it into glazed earthen Vessels, and let it stand till it is cool, and it will become a curious red Jelly, and is a great Comforter of the Stomach, exceeding good for the Lungs, and

Shortness of Breath.

Jelly of Terjuice: Boil Verjuice in fair Water, then strain it, and in the Decoction boil Apples, and a little Isingglass; and when the liquid part begins to consume, it will be a perfect Jelly. This is good to use in Sauces, and for garnishing Dishes; as likewise to prepare the Stomach for a good Appetite, by being eaten with Sugar and Rose-water.

Jelly Wihite: Take a pound of Almonds, and steep them in cold Water till the Husks come off; being blanched, beat them with a quart of Rose-water; then a Decoction of half a pound of Ising-glass boiled with a gal-Ion of fair Spring-water, or else half Wine, boil it till half be wasted; then cool it, and ftrain it, and mingle it with your Almonds, and ftrain with them a pound of double refined Sugar, the Juice of two Lemons, and cast it into Egg-shells; put Saffron to fome of it, and make fome of it blue, and some of what colours you please, though naturally it will be as white as Snow.

Jemelloes to Dake: Take

and fifted, four Yolks of newlay'd Eggs, a grain of Musk, and two drams of Carrawayfeeds finely beaten and fifted. a little Gum-dragon dissolved in Rofe-water, and fix fpoonfuls of fine Flower; beat all these together in an equal mixture as may be; fo beat them into a thin Paste a little softer than Butter; then run it thorough a Butter-Squirt of two or three Ells long, bigger than a Wheat-straw, and let them dry upon Paper a quarter of an hour, then tie them up in fuch Knots as you fancy most proper; and being dry, boil them in Rose-water and Sugar, and it proves very ufeful in fetting out a rich Banquet,

Ill Babit of Body, to Bemedy: Take double-refined Sugar one pound, the diffilled Water of Citronpeels four ounces, boil them over a gentle fire to the confiftence of a folid Electuary: then add a Nutmeg, Sugar pouder'd and pass'd thorough a Sieve, Pulp of Piftaches three drams; choice Cinnamon and Mace finely pouder'd, of each two drams; put in first the Nutmeg and the Pistaches, after that the Peel, and then the Pouder; and being all incorporated, make them up into Tablets, and dry them, fo that they may be well kept for use.

These Tablets are of a very pleasing Scent and Odour, grateful to the Stomach, and

removing

removing the ill habit of Body. They encrease the Appetite, and facilitate Concoction and Diffribution of the Nourishment. They also are very effectual to expell Wind, and hinder the Putrefaction of the Humours. You may take of them for a Dose two drams in the Morning fasting, and immediately after Meals, and may continue the use of them

as you fee occasion.

- To remove the ill habit of Body, first clear the Stomach and first Passages with a gentle Vomit, as our Pulvis Antimonij, or with Tartar Emetick, which may be given from three grains to five, according to Age and Strength, and to be repeated once again, then purge two or three times with our Elixir Vita, giving from three spoonfuls to fix or seven in the Morning fasting, mixed with a little Ale: .This done, let the Patient take our Cachelick Pouder half a dram at a time every Night going to Bed for 12 or 14 Nights together, and they will immediately after recover their Health. Spirit of Scurvy-grass is also a good thing to be taken every Morning fasting in a Glass of

Incontinency of Arine : Take the Pizzle of a Wether, dry it in an Oven, so that it may be reduced to a Pouder; mix it with a little Pouder of Coral, and take as much as will lie on a Three-pence in a spoonful of Vinegar. .

There is nothing better than our Palvis ad diabeten, which has been proved some hundreds of simes, Dose one dram, every Night going to Bed in a little Ale. Crocus Martis astringens may also be given every Morning fasting in Conserve of Sloes or Hips, for this much strengthens the Tone of the Parts. Also an Infusion of Catechu and Jesuits Bark, of each an ounce in a quart of Red Wine, for fix Doses, to be given either Morning or Evening, or both (if the Disease is vehement) is a Medicament al-

most beyond compare. .

Internal Diles : For Pain in the Joints from a cold Caule, there is nothing better than to bathe them Morning and Evening with this mixture : Take Powers of Amber, of Aniseeds, of Caraways, of Juniper-berries, of Rosemary, and of Turpentine, of each equal parts: mix them: It will go into the part almost as fast as laid on. But if the Pain is from a hot Caufe. Take Oil of Sweet-Almonds two Camphire one ounce; mix and diffolive, then add Saccharum Saturni half an ounce: Extract of Opium made with Water two drams: mix them; and anoint therewith, and apply Cloths dipt in the same thereon.

St. Johns-Mort: This is a foveraign Herb for Wounds, or internal Bruises; boil it in White wine, and drink it very warm, with a little Sugar. For Wounds, make it into an Ointment or Bath. It opens,

Obstructions, and dissolves Swellings: It closes up the Lips of Wounds, and strengtheneth the Parts that are weak and feeble. The Seed, espe-· cially if brought into a Pouder, and drank with the Juice of Knot-grafs, helpeth all manner of Spitting or Vomiting of Blood, closes a Vein broken inwardly, and helps those that are flung by any venomous Creature. It is good for those that are troubled with the Stone or Gravel in the Kidneys, or have difficulty in making Urine. Two drams of the Pouder of the Seed ataken in a little Broth, gently expels Choler, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds, being drank fomewhat warm before the Fit of an Ague, whether Tertian or Quartan, does alter the Fits; and by often using, takes 'em away. The Seed is very much commended, being drank for forty days together, in helping the Sciatica Fallingfickness, and Palsie.

Joints Afflitted: Take
Neats-feet-oil five pints, Beef-suet
two pound; Oils of Aniseed, Amber, and Juniper-berries, of each
five ounces: melt, mix, and make
an Ointment; and use it by supling or bathing pretty hot
i all cold Distempers that afthe Nerves and Joints.

flie Sint-stiffness, Scc. This
is cur. Legicine. Take choice

well scented golden coloured Palm Oil eight ounces: Oil of Aniseed an ounce and half, or two ounces: min and anoint therewith Morning and Evening for 10, 15, or 20 days, as you see occasion. This also removes it in an Hour. Take Oil-Olive three ounces; Oil of Vitriol one ounce: min them, and apply it cautiously, so as it may not pull off the Skin.

This is an excellent Ointment for all cold Diseases, as Palsies, Stiffness of the Joints, Cramps, Convulsions, and the Colick, and Pains of the Reins,

Orc.

Italian Bigket : Take a pound of fine Sugar, beat it yet finer, and fift it; and to it put a pound of fine Wheatflower, and fix Eggs beaten very thin; then beat them all together in a Stone-Mortar for an hour's space, not suffering it to fland still, lest it prove heavy; then put in half an ounce of Aniseeds: rub Butter over your Plates, and drop the Ingredients with a spoon as fast as possible you can: fet them into an Oven and bake them, but let them not be too much by any means.

Italian Chips: Take Paste of Flowers, beat them till they are reduced to a fine Pouder; then sift them, and take some Gum-dragon steep'd in Rose-water; beat them in a wooden or stone Mortar to a persect Paste, then rowl it

very

very thin, and lay one colour upon another in a long roll, and being rowled very thin, cut them overthwart, and they will appear of divers curious and delicate Colours like

Marbling.

Atch to Cure : Take ftrong Lime one pound, and put it into a gallon of Spring-water; let them work together for some hours, and then carefully pour off what is clear: filter the rest, and take two ounces of Quickfilver tied up in a linen Bag : let this hang in the Liquor, and boil it half an hour or more: then pour off the clear Liquor, and with it walh the part afflicted; and when it is well dried in, anoint the fame places with Ointment of Tobacco, which you may have ready prepared.

Itch, another way to Cure: Take a handful of the Roots of Elecampane, and as much of sharp-pointed Dock; shred them small, and boil them in two quarts of Springwater till a pint be consumed; then strain out the Liquor, and wash with it the place afflicted

once or twice a day.

This is Infallible. Take Rose or Rosemary-water eight ounces, Powers of Mercury one ounce: mix them, and wash the Places affected therewith Morning and Evening. This Ointment never fails. Take White Presipitate one ounce; Flowers of Sulphur four ounces; Oil-Olive mix'd with half its weight in Beef-suct,

ten ounces; Oil of Tartar perdeliquium, an ounce and half: first mix the Oil of Tartar with the Precipitate, then add the Flowers of Sulphur, add the mixture of Oil and Suet, and so make an Ointment, with which anoint Morning and Evening the

Places affected. .

Juice of Crabe: This is commonly called Verjuice, it cools, drys, binds, and quenches the Thirft, affwages the heat of burning Fevers, ftops Fluxes, and causes Appetite. In other Countries they imitate ours with the Juice of unripe Grapes. It is used with Sauces in Food, to sharpen the Appetite; and made into Lohochs with Virgin-Honey, it cools in hot Diseases, and cuts tough Phlegm.

Juice of Eucumbers: Here is meant the Wild ones: It is Cathartick; it prevails against the Gout, Scurvy, and King's-Evil, Obstructions of the Viscera and Jaundice, also the Dropsie: It is to be taken from two drams, to three,

four or five.

To make a Syrup of it. Take of the Juice two pound, of choice Senna two ounces and a half: mix and infuse them over a gentle Heat close covered, fixteen or twenty four Hours; then strain it out, and boil it up with as much white Sugar, as will make it into a Syrup. The Dose is from two, three, four or five sponfuls in any of the Distempers or Grie-

Grievances before - mentioned. It purges out watery Hu-

mours very strongly.

Juices Depurated: Let your Juices settle for twelve Hours, then pour it off gently from the gross Impurities settled at the bottom; boil it gently in a Pipkin, and take off the Scum or Curds, letting it boil only a walm or two, then strain it.

Juice of Barben, or field= Sozrel : This made into a Syrup, or the Juice fweetned with Sugar, is very cooling and aftringent also, it allays the Heat of the Liver and Stomach, stays Fluxes and inward Bleedings. It is good to expel the afflicting hot Vapours infesting the Brain in Fevers. and to hinder the Lightness in the Head: Eaten in Sallads, it cools the Blood and thins it. Applied Poultis-wife, it affwages hot Swellings, or any external Inflammation, takes off the Redness and Heat of the Face, or any Part of the Body, being washed with the distilled Water of it, and that of Scabious.

Juice of Licoite: Of Licorice there are two kinds, wiz. the Spanish and the English, though much of the same Virtues. The Spanish Juice is made by boiling the Juice to a thickness, or inspissing it by Evaporation, and then making it up into Rolls or Cakes, which they wrap up in Bay-leaves, that which is

best breaks free, and is clear and shining like Jet. The English Juice is made into round Balls, and is generally a Composition made of the Juice and the Pulp of Prunes, and so inspissated to a Body.

It is one of the greatest Pectorals, good against Coughs. Colds, Hoarfness, Wheeling, Difficulty of Breathing, Shortness of Breath, stuffing of the Lungs, Breaft, and Stomach; alfo or Ulcers in the Kidneys, tharpness of Urine, and the Corrofion of the Bladder: It helps Expectoration . lenifies roughness, loofens the Bellies of Children, and takes away the Gripings, and other Pains. It helps to overcome and remove the Effects, many times left behind, of strong and tharp Purgers.

To make an aqueous Tincture of Licorice: Take Spanish Juice very thin Riced, or bruised pieces in a Mortar, one ounce; fair Water three quants, Salt of Tartar three drams: mix and put all thefe into a glass Body digested over a very gentle Heat twenty four Hours, and a pure Tincture will arise into the Water, leaving all the Feces, or earthly Substance behind in the same form or shape it was put in : Beware you shake it not, but decant the pure clear Liquer for use, and cast away the Faces. It wonderfully fweetens the Blood, and is excellent in the Scurvy

and French-Pox.

Juice of Licorice white: Take clean Pouder of Licorice-roots, and Orris, of each fix fcruples: Wheat - flower two ounces, Sugar finely beaten one pound; Eastern Musk, and Ambergrease, of each three grains: incorporate thefe together with a mucilage of Gum-Tragacanth extracted in Rose-water, mixing and beating them together in a folid Paste: make them up into Tablets or Rolls, and dry them in the Sun, or before a gentle Fire, on fine Paper.

The Juice of white Licorice is more pleasing than the black, very acceptable to the Taste and Smell; and dissolved in Mint, or Rose-water with a little Syrup of Gillislowers, is good against Coughs, Colds, Phthisicks, Asthma's, and

most pectoral Diseases.

Juice of Bettles : It flays Bleeding, mixed with white Sugar and fnuffed up the Nofe. A quarter of a pint of the Juice of the Tops of young Nettles drank at a time, stops internal Bleeding. It is also good, made into a Syrup with Sugar against the Diseases of the Lungs, as Colds, Coughs, Afthma'so Peripneumony, Pleurifies, Stitches in the Side, Heat, Pain, and Stoppage of Urine, whether proceeding from Sand, Gravel, or other mucilaginous Matter.

Juice of Domegranates: This is cooling and Cordial, chearing the Heart, and re-

freshing the Spirits: It refifts Poison, and the Infection of the Plague, and all other. pestilential and contagious Distempers: It cools, and that which is most acid, is grateful to the Stomach. It is given in Cholerick Fevers, the Pica in Women . with-Child. Gonorrhæa's, and cures the fore Mouth. The Wine like luice, that is between fower and fweet, is Cordial and Cephalick, good against the Megrims, Vapours, fainting and swooning Fits; the fweet Juice is good against old Coughs. the acid or sharp Juice is made first, Syrup, with a sufficient quantity of Sugar to make it into a convenient thickness: fecondly Lohochs with Honey, and the distilled Spirit of the Wine of Pomegranates, is an excellent Cordial mixed with cooling Waters in all hot Difeases.

Juice of Wlood-Sorrel : Take four pints of the Juice of Wood-forrel, purifie ir, and pour it into a glass Cucurbit, cover it with its Alembick flighty luted, place it in Balneo Mariæ, and distil about half the moisture with a moderate Fire; then take away the Cucurbit, and let it cool: this being done, pour out the acid Tuice that remains by inclination, and pass it through a brown Paper, to separate the Dregs gathered in distillation; then weigh out a quart of the clarified Juice, and in it diffolve folve four pound of fine Sugar, and give it a little time to wamble over the fire: Take it off, and fcum it when it is come to the thickness of a Syrup: you may likewise clarifie the fine pouder'd Sugar with the White of an Egg, and fair Water, and boil it to the strong consistency of a solid Electuary; and afterward incorporate the Juice of the Wood-sorrel prepared as is directed.

This Syrup is very cooling, and is useful to quench Thirst in hot Diseases; also the Heat of the Liver and Stomach. is very much commended in Burning Fevers, and in Malignant and Epidemick Distempers. It comforteth and ffrengtheneth the Heart, and allays the Inflammation of the Mouth and Tongue, likewife that of the Palate and Throat : the distilled Water of the Juice may be very properly mixed with the Syrup, or you may. drink the Water alone. . The quantity to be taken, is from half an ounce to an ounce, and may be taken in the Morning fasting, and at Night when you go to rest; or at any time of the day, as necessity requires.

Jujubes: They are temperate in heat, moisture: eaten, they are good against Coughs, Hoarsness, and Obstructions of the Lungs: made into a Syrup, or Lohoch, they help the roughness of the Breast and Throat, ease

the Cough, and openObstructions of the Reins and Bladder; the unripe Fruit frengthens the Stomach. and stops Lasks or Fluxes: the dryed Fruit fold in the Shops, are good against Fluxes and Exulcerstions of the Lungs and Guts; they prevail also against Pestilential and Malign Fevers, by refifting Putrefaction, their Deed-Etion being drunk: they strengthen the Heart, refist putrid Fevers: they allay the heat of Choler, abate Inflammations, ease Pains of the Ureters and Bladder; heal internal. Ulcers, and prevail against Shortness of Breath and Pleurifies, &c.

Julep: To make an excellent Cooler for a Calenture. or Burning Fever, Pare ten Lemons, press out the Juice, and let it fettle twenty four Hours; then pour off the clear part, and strain it or filter it, and digest it in a stone Bottle in hot Water, or in Sand, for twelve hours; then filter it again, and digeft it as before: repeat this until no more Fæces settle; put it into little Vials of an ounce apiece, which is a Dose sufficient for any one. Some fay, That two Doses of this will allay the greatest Burning Fever, and by degrees fo cool and temperate the Blood, that the Diftemper in a little time will cease. It may be given by it felf; but if it prove unpleafant to the Palate, you may mix a little Sugar with it.

Jumbals: To make thefe, Take a pint of Wheat-flower, and a pound of white Sugar, make a mixture of these with the Whites of two or three Eggs finely beaten, and a pound of blanched Almonds well beaten, with half a pound of fresh Butter, and a spoonful or two of Rofe - water. To these add half a pint of Cream, and mould it till it becomes a Paste, so rowl it into what shapes you please, and dry it a while; then bake it in an Oven not too hot, to the number of twenty, or more.

Jumbals, another: a pound of fine Wheat-flower, the Yolks of four new-lay'd Eggs, about a quarter of a pint of fweet Cream, a quarter of an ounce of Anifeeds, and half a pound of cold Butter : make all these into a Paste, and rowl it into long rolls as big as your Little-Finger, and make them into what Knots, Forms or Fashions you please: then boil them in fair Water; after that, bake them, and keep them in Boxes in dry places to fet out the Table, as occasion requires.

Jumbals Sugar'd: Take two pound of fine Flower, beat a pound of Loaf-Sugar into Pouder, fift it, and mingle it with the Flower: then take a pound and an half of Sweet-Butter, break it in small pieces among the Flower and Sugar; then take five spoonfuls of Canary, and three or four

Yolks of new-lay'd Eggs, and a quarter of a pint of Cream; beat them well together, and put them to the rest of the Materials, and when they are work'd up into a Paste, fashion them as your Fancy leads: lay them on white Paper, or on Plates, and put them into an Oven, and bake them with a gentle heat, taking an extraordinary care that they be not scorched.

Juniper = Berries , their Virtues: The Spirituous Water, as also the Oil, are either of them proper to free the Reins and Ureters from Gravel, and vitious Matter, that stops the Passages, and hinders the Urine from having its They are also very ufeful in cold Maladies of the Brain, and in Scorbutick Distempers. They fortifie the Stomach, and create an Appetite, help Digeftion, and refift Putrefaction, and kill the Worms in the Body; also expel Wind, Colick, and cold Maladies of the Bowels.

Juy: This Simple, though by some not much regarded, is of great, virtue: for Diof-corides tells us, A pugil of the Flowers, which may be about a dram, boil'd in Red-Wine, or pouder'd, and drank twice a day, helps the Lask and Bloody-flux. It is an Enemy to the Nerves and Sinews, if taken much inwardly; butvery strengthening to them, if applied outwardly in Oil,

Oint-

Ointment, or Poultis. The Berries pouder'd, and drank In Ale, are good against the Jaundice, Black or Yellow; they help those that spit Blocd, and kill Worms. If any one has got a Surfeit by hard drinking of Wine, boil a handful of . Ivy in the like Wine. and the Decoction will greatly contribute towards the Party's Health. The Juice of the Berries fnuffed up the Nofe, purges the Head of Rheum, and is good for fore Eyes.

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Enelm Digby's Mound = Drink : Take an handful of the Leaves of

Sage and Rhue, bruife them. and put them into a thin Bag or Boulter, and hang it in four gallons of ordinary Small Ale well brewed; and as foon as it is Tunn'd, take three hundred liveSows, commonly call'd Hog-Lice, (they live under old Wood and Stones:) bruife these with a little of the Ale. that all the Moisture may be extracted; then strain it, and pour it amongst the rest, and put the Skins of the Sows to the Herbs in the Bag: when it has work'd fufficiently, begin to drink it at Meals, and at other times when you have occasion to drink: and to render it more grateful to the Tafte, you may add a fourth part of White-wine, forbearing, during the taking of it, to eat falt Fish, or falt Meats.

This is a good Drink; but it

will be much more effectivel, if you add to the Composition Bawm, Sanicle, Speedwell, of each a bandful and balf; Juice of Oranges a pint; Pimentum or Jamaica-Pepper just bruised fix ounces.

It is not to be wonder'd at, that this Drink should be for efficacious, though it be compounded but of few Ingredients, fince all famous Authors ascribe such wonderful Virtue to these Creatures; and Experience testifies, that they cleanfe, resolve and purifie to a wonder. They diffolve the Stone in the Reins and Bladder to a Slime, and bring it away; they open the Obstructions, help the Jaundice, and all Obstructions, Stoppage and Strangus ry of Urine; the Colick, Afthma's, Shortness of Breath a and also restore lost Appetite. They are very much recommended for the curing of all forts of Cancers, scirrhous Tumours in what part of the Body

Body foever, the Kings-Evil, and all fordid and inveterate With this Ulcers and Sores. Drink did Sir Kenelm do great Cures at Frankford, in Germany, and at other places. It likewife stays the bleeding of Wounds, and heals them

very speedily.

Bermes : This is a Fruit of the Scarlet Oak. The Grains are doubly useful, either for dying Scarlet Colour; or for Medicine, which is most to our purpose: Wherefore, to omit the former, it is aftringent used successfully for Wounds, especially where the Nerves are cut; and also prevents Miscarriage in Women. They are used in sharp Difeases, as Apoplexies, Palsies, &c. as also for the Palpitation of the Heart, Fainting, Swooning and Melancholy.

Bermes, a Confection: Take the Juice of pleasant Apples, and Rose-water, a pound and an half; raw Silk cut very small one pound; put them into a Matrass well stopped, and digest them for twenty four hours in Balneo Mariæ; then squeeze the warm Silk in a Press, and boil the Liquor to the consistence of a folid Electuary with two pound of Sugar: then take it from the fire, and dissolve in it a pound of the new thicker Juice of Kermes; and afterward mix with it Oriental Pearl prepared, Yellow Saunders, and biting Cinnamon, of each half an ounce; Ambergrise pulverised with three drops

of the best distilled Oil of Cinnamon, Lapis Lazuli burnt, wash'd, and made smooth, of each three drams; Leaf-gold one dram, Orintal Musk half a dram.

This Confection, without dispute, is a very excellent one, and held to be one of the best and purest Cordials that ever any Galenick Physician invented; for it repairs and recreates the Vital and Animal Spirits, cures the Palpitations of the Heart, and remedies Swooning Fits: it very much fortifies the Brain, and all the Noble Parts, and is an Enemy to Putrefaction: it re-establishes the languishing and decaying Strength, and drives away Melancholy and Sadness, and reftores and preferves both Body and Mind in a good Condition. It may be taken upon the Point of a Knife, or diffolved in Wine, or in Broth, or in any Cordial or Cephalick Liquor. It is fometimes mix'd with Electuaries or Opiates either foft or folid : The ufual Dose is from one scruple to one dram. It is also mixed in Epithems prescribed for the Heart and Liver, and rarely fails the Parent's Expectation.

Rermes Confected : Take Juice of Kermes (as it is fold at the Shops,) Cacao-Nuts ground fine, or to a foft and smooth Pulp, of each a pound; Green-Ginger fliced thin and beaten into a mass 12 ounces; Nutmegs grated into a fine Pouder, Catechu, dryed

dryed Vipers-Flesh, in fine Ponder, of each 6 ounces; Cloves in fine Pouder 3 ounces ; Cochinele, Saffron, both in fine Pouder, of each 2 ounces: mix and make all up into a Confection, with double - refined Sugar 3 pounds, and a sufficient quantity of Spirit of Wine, to disfolve it into a thick Syrup. Divide this quantity into two parts; keeping the one half by it self for Women kind, and such as love not sweet Smells: the other half perfume with choice Musk a scruple; Ambergrise 10 grains, bathe in fine Pouder, which mix with this latter half, for to be given to Mankind. Dose as much as a Walnut, every Night going to Bed.

Its Virtues: Kermes, or Alkermes is made of the Kermes-Berries, and brought from Marfeilles: it is of a bright Scarlet Colour, well-tasted, and of the thickness of an ordinary Syrup. It is a very great Cordial; it discusses Wind and Vapours, cheers the Heart. revives the Spirit, helps Women in Travail, helps Nature. cures Wounds and wounded Nerves, refifts the Poison of the Plague; and the malignity of Pestilential Fevers, and very powerfully and kindly drives out the Small-pox and The Dose is from Meafles. half an ounce to an ounce and an half, and may be taken in this Mixture, viz. the Juice of Kermes fix drams, Aqua Lactis Alexiter four ounces,

mix them together for Draught. Or in this manner: Take the fuice of Kermes fix drams, the Tincture of Cochinele two drams, Aqua Lactis Alexiter four ounces: mix for a Dose a Syrup made of this Juice with double-refined Sugar: it is good to cut tough Phlegm, if mingled with a little Juice of Lemons or Citron: alfo to open Obstructions of the Breaft and Lungs, strengthen the Stomach; causes a good Appetite, and is good against pestilential Dif-Water distilled eafes. A from the Juice, very much refifts the Plague, and creates a good Habit and Constitution . of Body.

Athes: Take Navel-wort, the Leaves and Root, stamp it very small: to half a handful of both these, put two ounces of Linseed-oil, and a quarter of an ounce of Alom in pouder; mix them well together over a gentle fire, wash your Kibes first in Water and Salt, and being dryed, bind this on as a Plaister or Poultis. It is the same for Chilbanes, and helps Corns, it being so applied, when they are newly cut.

Ribes Broke to Beal:
Take the Lungs of a Ram dryed and beat to Pouder, mixed
with the Oil of Earth-worms,
and Linfeed-oil, and by applying it three or four times,
and washing them with Urine,
your Expectation will be answered: or if they be not
broken,

broken, make a Plaister of Alom, Vinegar, and Mustard,

and lay it on them.

Dress them with Balsam de Chili; but if they be foul, strew upon the Ulcer Pouder (of Scammony, and it will cleanse it to the bottom, yea, though the Bone be foul; then lay over Lint dipt in the Balsam, and over all Emplastrum Diapalma. By following this Course, the greatest Ulcerated Kibes will be healed

in a short time.

Richam to Wake or fry: Take some Puff - Past, and rowl it thin; if you have Moulds, work it upon them with Preferv'd Pippins, and fo close them, and Fry or Bake them; but when you have clos'd them, you must dip them in the Yolks of Eggs, and that will keep all in; fill fome with Gooseberries, Rafberries, Curd, Marrow, Sweet- I breads, Lambstones, Kidney of Veal; or any other thing that you like best, every of them being feafoned before you put them in, according to your mind, and when they are baked or fryed, strew Sugar on them, and ferve them in.

sto-free: Take a Quarter, or what you please, and cut in Steaks, and season it with Pepper, Salt, Cloves, Mace, Nutmegs, and minced Thyme, put it into a Cossin: Let your Leer be a little strong Broth, White-wine, Gravy, and drawn Butter, with a handful

of Oysters minced; if you please you may put in a handful of boiled Parsley minced also.

Rioneps: If you find any Swelling in the Kidneys, by reason of Obstruction of Urine, Cold, some Blow received, or otherwise, Take the Oil of Roses and Quinces, of each two drams; warm and mix them well over a gentle Fire. chase it on the Reins of the Back, and swath the Body very warm, with a Flannel

Wrapper.

If there is any Pain or Obstruction in the Reins, give prefently this Clyster. Take Turpentine an ounce: Yolks of two Eggs. grind them well together, to open the body of the Turpentine: This done, add Mutton-Broth or warm Poffet-drink, a pint : mix and exhibit it blood-warm: Then by the Mouth give Ar mart or Hydropiper-water 6 ounces, sweetned with Honey, the use of which continue, till the Patient has eafe. which will be in a short time: and at Night give a full spoonful of this mixture in a Glass of the Arfmart or Hydropiper-water. Take of our Gutta Vita, Powers of Aniseeds and Powers of Juniper, of each equal parts: mix them, and keep it for use.

stoney=Beans: To enlarge upon these will not be amils, seeing so many and various Uses are appropriated to

them.

They open Obstructions, provoke Urine, expel Sand, Gravel, and slimy Matter, M strengthen

strengthen wonderfully, and cause a goodColour in the Face, restore in Consumptions; they thicken, cleanfe, and ftop Fluxes, as Diarrhœa's, Lienteries. The Decoction of them is good against the Stone; a strong Broth of them boiled till they are broken, dissolved and strained, is good against a Con-The fumption. Flour used in Poultises, and to ripen Fevers. It eafes Pains outwardly, it takes away Freckles, Morphew, and Sun-burn, and other Deformities of the Skin. A Cataplasm made of it, discusses Bruises in the Eyes. volatile Salt made of them, is good against the Apoplexy, Epilepsie, Palsie, Lethargy, and Convulsion, Gout, Stone, Rheumatism, Colick, and other Diseases of the Head, Nerves, Womb, and Joints. Dose is from fix grains to ten. They are likewise pleasant for Food, and very nourishing.

Ridneps, their Pains Cured: Take Maiden-hair, Licorice, of each five ounces; infuse them twelve Hours in three quarts of Spring-Water, then boil them gently in a Bath, and press out the Liquid part, when a third part of it is confumed, add, by well mixing, three pound of clari-

fied Honey.

This not only helps the Diseases and Pains in the Kidneys and Sides, but also opens the Obstructions of the Lungs, provokes Urine gently, and I expels the Gravel and Stone out of the Bladder: An ounce of it may be taken at a time

in any proper Liquor.

This is an extraordinary thing against Stone, Gravel, Sand, Tartarous Matter, or any thing which obstructs the Passages of the Reins, Ureters, and Bladder. Take Strasbourgh-Turpentine 8 ounces; Egg-shells, Crabs-Eyes, Spurr, Winter-cherries, Daucusseed, all in fine Pouder, of each 3 ounces: mix and make a mass for Pills. Dose one dram, Morn-

ing and Evening.

Ridney-Dye, or Patty: Take the Kidneys of Veal, Fat and all, with some of the Meat. when the Loins of Veal are just roasted, mince them very fmall with the Marrow of fix Bones cold, to which add fweet Marjoram, Winterfavoury and Thyme, very well bruifed, or fmall fhred, Rose-water a quarter of a pint, half a pound of Currans, a fliced Nutmeg, half a pound of Sugar, and the Yolks of fix Eggs; and mixing them well together, let the Crust of your Pyes or Pasties be of Puff-past, and of but an indif-Thefe, by fome, ferent fize. are called Marrow-Pasties; but then there is usually more of the one than of the other among the Ingredients: thefe being made very small, may be tryed in fweet Butter, or, tried Suct.

Bidney, The Stone in it: We may beforehand perceive the

the Signs of this dangerous Diffemper by a fixed Pain in the Loins, bloody Urine, or voiding Sand or Stones, the numbness of the Leg on the fide of the affected Kidney, the retraction of the Testicles on the same the pain afflicts, a queasiness of the Stomach, and straining to Vomit.

This is an approved Remedy against the Stone, and gives ease in an hours time. Take of our Guttæ Vitæ, Powers of Juniper, Powers of Aniseed, of cach 3 or 4 ounces: mix them. Dose a full large spoonful upon extremity: it gives present relief: The Patient may take also every Night going to Bed, one small Pill of our Volatile Laudanum.

There is nothing better to cure an Ulcer in the Kidneys, than this method. Twice or thrice a Day, viz. Morning, Noon and Night, let the Patient take 15 grains of the Vitriol of Mars in a glass of good Spruce Beer. Then at ten in the Morning, and at four or five in the Afternoon. let them take some of this following Pouder. Take Crocus Martis aftringens, Catechu, Jesuits Bark, of each two ounces: make each into a fine Pouder, and mix them. Dose half a Physical dram, or 30 grains, in any convenient Vehicle, as Decoction of Daily-Roots, Syrup of Comfrey, &c. Ridney=most: It is other-

wife called Wall-penny-royal, or Wall-penny-wort: The Juice of it being drunk with a little fine Sugar, is excellent, cool

ing, and good in all Inflammations and unnatural Heats: Excellent is the distilled Water of it in cooling a fainting hot. Stomach, or heated Bowels, or hot Liver; it takes away Pimples, or Redness in the Face, St. Anthony's Fire, and other outward Heats and Inflammations; it also easeth the Pain or Soreness of the Kidneys, occasioned by the Stone or Gravel; it provokes Urine, and is available for the Dropfie. The Juice being made into an Ointment, is excellent in easing the hot Gout, or Sciatica.

Atings-Phil: Take a handful of the Herb called White-Archangel, stamp it small, and mix with it some Hogs'-Lard, and apply it Plaisterwise to the Swelling or Tumour; or, Take the lesser Daisse, or common Wild Daisse, usually growing on the Commons, and in Fields, and stamp the Roots, and use them as the former. Figwort is likewise applied with very good success in this Distemper.

Outwardly to anoint withal, an Ointment made of the Roots of Pilewort, is a Specifick; so also an Ointment made of the Roots of Figwort. And to anoint with this Ointment, is extraordinary good. Take Oil of Ben, or Oil of Bitter Almonds 4 ounces; Saccharum Saturni 3 ounces, mixt with a little Vinegar; mix all together for an Ointment, and

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anoint therewith daily. If thefe things prevail not, you must bave recourse to stronger Medicines; as, I. To wash the Tumor or Sore with Aqua divina Fernelij. 2. Then to anoint with Unguentum Cosmeticum, or Unguentum ad Scabiem, or to apply it to the Sore upon Lint, or fine Tow. 3. To apply over all Emplastrum ad Strumam, Emplastrum Mercuriale spread upon Cloth or Leather; thefethings as to the outward application will not fail to do good, being constantly used for some time. And inwardly you must purge with our Pilulæ Cathartice, or Family Pills, or you may give Arcanum Corallinum, from 2 to 4 grains, or the Princes Pouder from 4 grains to 8 in fome proper Purge, and during the whole Cure to drink constantly the following Dyet-drink. Take choice Sena, Mechoacan, thin ficod and bruised, and 6 ounces; Rhubarb thin fliced 3 ounces; Carthamus-seeds an ounce and half; Bark of the Elm-tree, Roots of sharp pointed Dock, of Burdock of each 8 ounces; Elecampane-Root thin sliced and bruised 4 ounces; Herbs, as Scarwy grafs, Parsley, Smallage, of each 2 bandfuls; Guajacum and Saffafrass rasped, of each 6 ounces; Juniper berries, Winter cherries, Jamaica-Pepper, all bruised, of each 4 ounces; Seeds of Anife, Carraways, Coriander, Cubebs, of each 3 ounces; Orange and Lemon-peels, of each 2 ounces;

stoned, Currans, of each a pound; Antimony in fine Pouder, and tyed up in a Rag, a pound and half: put all into a Bag, with a Stone in it, which put into four or five gallon of New-Ale, letting them work together; then drink

it as Dyet-drink.

Another: Let a quart of New Milk just boil, and taking it off, put into it two spoonfuls of Honey, which being dissolved with stirring, set it on the Fire, and let it boil about a Minute: fo divide it into four parts, and drink one part warm early in the Morning, another about ten, another about four in the Afternoon, and the rest at Bed-time: Do this daily a Month or two together, or less. On the Days you Purge, which must be once a Week, if you be a grown Man or VVoman, you may take three quarters of an ounce of Sal Mirabile dissolved in Posset-drink, and keep your felf very warm, and be careful after it : Dress the Sores, if they run, with any drawing Cerecloath, or a Plaister of Burgundy Pitch. This Medicine, though not very promiting, is yet very famous for the many Cures done with it by a very charitable Lady.

Jamaica-Pepper, all bruised, of each 4 ounces; Seeds of Anise, Carraways, Coriander, Cubebs, of each 3 ounces; Orange and Lemon-peels, of each 2 ounces; them hard out; and boil in Figs slit, Raisins of the San the same Lard as many more

fresh

fresh ones, press them out again; and do this the third time, and then keep the Lard wherein they have been boiled, and with it anoint the grieved Parts twice or thrice a Day.

Rings - Chil, Another: Take about four spoonfuls of the Juice of Water-Parsnips, and drink it in Milk, or other Liquors Morning and Evenings, in the Months of April, May or June, and wash the

Sore with it.

tringfisher: This is a Water-Fowl, blue, green and purple, very beautiful; it builds in the Winter by the Sea-shore, when generally for fourteen Days there is a Calm, which is the time of their hatching; which makes some believe this Bird has an instinct of Nature to know when the Winds will be still, and against that time prepares to build her Nest, and breed.

Etingfishers field is exceeding good for Consumptive Bodies, wonderfully refloring them, and making the Parties grow fat, fresh, and

lively.

Take upon this Account of the Potestates two ounces, the Pouder of Vipers a dram; mix them together for a Dose, and give them to the consumptive Party.

Take of the Flesh dried to Pouder in an earthen Pot, set one ounce of it in a hot Oven, Amber half a scruple, Man's Skull a scruple, and it is a curious Remedy for those that are troubled with the Epilepsie.

Rite: This is a Bird of Prey, and very ravenous; yet Nature has ordered it, that all Creatures shall one way or other redound to the Good and Benefit of Mankind. Some People, as the poorer fort in Germany, eat the Flesh of this Bird as a great Dainty; yet being a gross kind of Food, it is not used by us for Food: However, Take the Pouder of that Flesh a dram, volatile Salt of Amber twelve grains, Sal Armoniack four grains: these being mixed for a Dose, are prevalent against the Gout. Again, Take of the Flesh of a Kite in Pouder one dram, Salt of Man's Skull a scruple, Filings of Elk-hoofs, and native Cinnabar, of each ten grains: mix these for a Dose, against the Epileplie.

Rites-Alles (of the whole Kite) given in the same manner, as before mention'd, are prevalent against the same Diseases, so also is the volatile Salt and Oil made by distillation, as Oil and Salt of Man's Skull, which may be given from twelve or fixteen grains to a scruple, in any conveni-

ent Liquor.

Isites-151000: Anoint the Forehead and Temples with it, and it eases Pains in the Head, and prevents strange and frightful Dreams, causes Sleep, and sets a fair Complexion

plexion on the Skin: Made up with Oil of St. John's-wort and Wormwood into an Unguent, it eases Pains in the Joints, and is good to anoint the Head and Stomach with, in case of the Falling-sickness.

Rites Dung : Take of the Dung of a Kite, (the younger the better,) an ounce and half, Camphire in fine Pouder two drams, common Soap as much as will suffice to make em into a Cataplasm. This applied hot, immediately eafes the raging Pain of the Gour, infomuch that several Persons of Note, who have been troubled with this afflicting Distemper, have caused Kites to be taken, either the young ores, or others, and kept them tame as charily as their Hawks, for no other purpose than for their Dung.

good to anoint old Sores and Swellings, also Pains and Aches; it supples the Joints, and resists the penetration of sudden. Heats. Iron Instruments rubbed with it, and afterwards heated in the Fire, become very hard, and are rarely after subject to rust or decay, as some say.

Rites-Liber is good against the Gout and Epilepsie, and also Convulsions. Take of the Pouder three drams, oil of Roscimary and Lavender, of each five drops; and make them up into one Dose.

Bites-Tefficles : Take of

the Pouder one dram, extract of Satyrion one dram and half; Pouder of Vipers half a dram: mix them for a Dose, and for some time being taken it helps Barrenness, and causes Fruitfulness; 'tis exceeding good in Consumptions. To conclude, of a Creature so little taken notice of by most, few have better or more Virtues to do good in these kinds.

Anap weed, its Virtue and Use: This Herb or Weed grows in Fields and Meadows about the Borders and Hedges; its Virtue is to stay Bleeding both at the Mouth and Nofe, or any other outward parts, and those Veins that are broken, or inward Wounds, as also the Fluxes of the Belly; it flays the distillations of thin and sharp Humours from the Head upon the Stomach and Lungs; it is good for those that are bruised by any Falls, Blows, or otherwife; it is very profitable for those that are bursten and troubled with Ruptures by drinking the Decoction of the Root and Herb in White-wine, and applying it outwardly to the grieved Part; it is fingular good in all running Sores, Cancers, and Fistula's, drying up the moisture, and healing them gently without sharpness; it is of special use for the foreness of the Throat, the Swelling of the Uvula and Jaws.

knapmel: This grows in most Fields and Meadows,

and about their Borders and Hedges, and in many waste Grounds. As for the time it flowereth, it is in June and July; and the Seed is soon af-

ter ripe.

This Herb stayeth the Flux at the Mouth, Nose, and other outward Parts, also those Veins that are inwardly broken, or inward Wounds, as also the Flux of the Belly: It stays the Distillation of thin and sharp Humours from the Head upon the Lungs and Stomach: It is good for those that are bruifed by any Falls, Blows, or otherwise: It is very profitable for those that are Bursten, and have Ruptures, by boiling the Herb and Root in Wine, and drinkliquid Decoction ing the fweetned with Sugar, and applying the Herb and Roots fo boiled as a Poultis to the grieved Part: It is fingular good in all running Sores, Cancers, and Fiftula's, drying away the Moisture, and healing them up gently: It does the like to running Sores or Scabs on the Head or other Parts: It is of fingular use for the foreness of the Throat, Swelling of the Uvula and Jaws, or to stay Bleeding, and heal up green Wounds.

Anners Smellen: Take a handful of Goats-Dung, and mix it with Barley-Meal, boil them in Vinegar and Water, till they become thick enough to spread as a Plaister, and

then apply them to the Swelling, often renewing. This Plaister will quickly asswage the Pain, and in time remove the Swelling. It is also good for Swellings occasion'd by Pains of the Gout, or the like, in any Part of the Body.

Bathe the Place affected first 3 or 4 several times very well with the Powers of Amber, which done, then anoint it with Ballam de Chili, dressing it twice a day; and let the Patient take every Night going to Bed; 2 Pills of my Cathartick Laudanum, and continue the wfe of these things till the Knee is well: But to facilitate the Cure, it will be good to let the Patient keep their Bed all the time, to prevent the falling down of Humors into the part : and once a Week they may purge with Sal Mirabile, taking it from half an ounce to an ounce (according to Age and Strength) dissolved in a draught or two of Broth, Water - Gruel or Poffetdrink.

Anot-Brass: The common fort of this Grass (for there are divers forts of Knot-Grass) has a Root hard, woody, and fingle, and many Fibres: It's of an aftringent Tast, and has many Stalks sometimes standing upright, but oftner bending towards the Earth. The Seeds are pretty large, triangular, and of a dark Chesnut-colour.

It closes Wounds, and contributes towards their healing, as being drying and astrin-M 4 geat: Sent: It stops inwardly Fluxes, and outwardly the Bleeding of Wounds: The Juice of it allays Inflammations, especially of the Eyes. A noble Man that vomited Blood, and had used many other Medicines to no purpose, upon the using this, viz. the Juice, had his Flux of Blood stayed, which else perhaps had not ended but with his Life.

This kind of Grass springs of the spring in the Spring, and abides till Winter, when all the Branches perish: The Juice of it is excellent in stay-

ing Bleeding, being drank in freeled or red Wine: It flays Bleeding at the Nose, being applied to the Forehead and Temples, or squirted up the Nostrils. It's good also for the Bloody - Flux, stops the Courses: It is singular good to provoke Urine, and is helpful against the Dysury, Gravel, Biting of venomous Beasts, Rheums, Worms, Heat, Choler, Inslammations, Imposthumes, Gangreens, Fistula's, Ulcers, Gancers, and Wounds in the Ears, with many such like Distempers.

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3ce, or Point : To Wash and Starch these, Put your Lace, or Point, on a Tent, and make a strong Lather with Spanish-Soap, usually called Castile-Soap, then with a small foft Brush dipt therein, rub your Point or Lace well, but with a light and gentle hand, for fear of frettting it; continue to walh it on both fides for four Lathers; then rince it in Spring-water of Pump-water, which is all one; and after, pass it over on the wrong side very lightly with white Starch made as thin almost as Water, and follow it with your Brush, then fuffer it to dry, and with

a round Bodkin, or Skewer, open the holes or parts that were closed in the washing, as also set in order the Gimp or Overlayings, if it be Point, not suffering it to ruckle; then with a moderate hot Iron, smooth it gently on the wrong side, and set it out to Advantage.

Lace of Dilber, &c. To cleanse this when it is tarnished, first rub it over with burnt Whiting in Pouder once or twice; then by dusting it clear from the Whiting, and having ready some Pouder of burnt Alom, run it over with that finely sifted two or three times; and if the Silver upon

the

the Lace be gilded, it will restore its saded lustre, and render it almost as fresh as at first; and so you may recover the lustre of any tarnished

Plate, gilt or ungilt.

Ladies-Mantle is an excellent Wound-Herb, being hot, dry, and aftringent; it ftops Bleeding and Courses: The Leaves, the Tops, and the Roots, are given in Potions for Wounds with fuccess; as also are the Pouders; the Plaisters and Ointments of it good on applied, are very that account. Rags dipped in the Decoction of it, and applied to a Woman's Breasts when they are lax, makes them round and folid. It agglutinates inward Wounds and Ruptures: And the Decoction of it, or the Pouder of the dried Herb taken in the Decoction, or in the distilled Water, is excellent for curing Burstenness in Children.

Ladies - Smocks, the Conferbe : Take this Herb (which is also called Cuckow-flower) and Brooklime, of each two handfuls: Thred them small and bruise 'em, and then boil them in a quart of fair Water till the greatest part of the Liquid is confumed: then main them, and put to them an equal quantity of Sugar, and make them into a Conferve: Take of it fix ounces, White and Yellow Saunders in Pouder, of each 3 drams; Salt of Worm-wood 2 drams; Syrup of Lemons, a sufficient quantity: mix and make an Electuary; and take to the quantity of a quarter of an ounce both Morning and Evening, and it is an excellent Remedy for the Scurvy, and for removing Scorbutick Hu-

mours, &c.

This Metamor-Lamb: phofis may at first feem fomewhat strange, though we can assure you it has been much in esteem, viz. to make Lamb of a Pig, in this manner: Take a fat Pig, scald him, and cut off the Head, flit him, and truss him up like a Lamb; then being flit through t e middle. and flea'd, boil him a little while: then being draw'd with Parsley, as you do Lamb. roaft it, and dridge it, and ferve it up with Pepper, Butter and Sugar, and it will not be easily discern'd from Lamb.

Lamb Bafty: Bone your Lamb, cut it four square, seafon it with Salt, bearen Pepper, Cloves, Mace, Nutmeg, and minc'd Thyme, lay in fome Beef fuet and your Lamb thereupon, making a high border about it; then turning over your Sheet, close and bake your Pasty; when it is enough liquor it with Claret, Sugar, Vinegar, and the Yolks of Eggs beaten up together, if you would have your Sauce only favoury, and not fweet, let it be Gravy only, or the Baking of Bones in Claret-Wine.

Lamb=

Lamb Dye to Deason:
Take a Quarter of Lamb,
an ounce of beaten Cloves, and
Mace; a quarter of an ounce
of Pepper, a quarter of an
ounce of whole Mace, a little
Salt, half a pound of Currans,
and one pound of Butrer.

Lambaftones fay'd: Having parboil'd the Stones, put Butter into a Pan, mince the Stones fmall, and put them into it; then strain them with fome Cream, Pepper and Cinamon made fmall; grate in fome Parmifan or Holland-Cheefe or old Cheshire-Cheefe; and being ffrained, put them into the Pan again; and then being well fry'd, ferve them up with Sugar, and Rose-water. And in this manner, without any variation, you may dress Calves or Kids-stones.

Lamb-ftone-Dre : Take fix young Pidgeons, as many Chickens, truss them and bake them with fix Ox-Palates well boiled and blanched, and cut into little pieces; take fix Lamb - stones, and as many Sweetbreads of Veal cut in halves and parboil'd, twenty Cocks combs boiled and blanched, the Bottoms of four Artichoaks boiled, a quart of Stewing-Oysters parboil'd, the Marrow of four Bones feafon'd with Nutmeg, Pepper, Mace, and Salt; fill the Pye with the Ingredients, and mingle fome Piffaches among them; grate in the Yolks of Eggs hard boiled, and covering all with

a thin leaf of Butter, close it up, and put into it a little fair Water at the hole in the Lid: being baked, drain out the Butter, and liquor it with Gravy and Butter beaten up with Lemon-pulp; or you may bake it in a Dish, cover'd with a Bisket-Lid.

Lamb to Souce: Bone your Side of Lamb first, foak it well in Water and Salt, wipe it dry, feafon it with Nutmeg, Ginger, and Sweet-Herbs shred fmall, Coriander - feeds, Lemon-peel, and Salt; lay broad flices of Lard over the Seasoning, then roul up into a Collar, and bind it up in a linen Cloth: boil it in Salt and Water. taking off the Scum, put in fliced Ginger, Nutmeg and Fennel, with Parsley-roots: and when it is almost boiled up put in a quart of White-wine; and being boiled, take it off, and put in flices of Lemon. the Peel of two Lemons, and twelve Bay-leaves, and keep it close in a convenient Vessel for your use. In this manner you may fouce a Breast of Veal, Kid, Fawn, or Venison.

Lamb like Mentson: To order this that few shall discoverit, Take Lamb, bone it, and dip it in the Blood of a Pig, or any other wholsom Blood; parboil it in small Beer and Vinegar, three parts of the first to one of the latter: let it stand all Night, then put in some Turnsole, and bake it with Claret, Butter,

Pepper,

Pepper, Cloves, Mace, and fome sprigs of Rosemary, and it will afford you an excellent Dish.

Lameness in the Limbs: This is many times occasion'd by sudden Colds, or Humours setling in particular Parts. To cure or remove it, Take of Oil of Spike and Earth-worms, of each an ounce; mix them well together, and bathe the afflicted part as hot as may be well endured.

If you would cure this effectually, especially if it seems to be a Rheumatism, you ought first to give the Patient of the Princes Pouder a gr. iij. ad vj. in a little Conferve of Roses, at Night going to Bed, and to repeat the Same the next Night: then letting two Nights be between to repeat the same Doses for two Nights more; and again, letting two or three Nights be between, to repeat the same till eight Dofes are taken; Secondly, to purge the Body with our Pilulæ Catharticæ, which may be repeated four several times ; Thirdly, to bathe the Limbs Morning and Evening for ten days, with the Powers of Amber, and after that to apply the Balfam de Chili, so long till the Patient feels the pain and weakness to be perfectly gone: after this has been used fourteen or twenty Days, apply over the weak parts, Emplastrum Diapalma, which keep on as long as it will flick, renewing two or three times.

Lampieus, to Bake: Draw

and fplit your Lampreys, take out the Strings in the Back, flea them, and trufs them round; then having parboil'd them, let them be feafon'd with Pepper, Nutmeg and Salt: place a laying of Butter at the bottom of the Pye, lay on the Lampreys with some fliced Onions, a few whole Cloves; and covering it with Butter, close it up: wash over the Lid with the Yolks of Eggs, and Beer or Saffronwater; and when it is baked. fill up the Pye with clarify'd Butter beat up with a little Red Wine.

The Italians bake them in this manner; viz. The Skin being taken off, feason it with Nutmeg, Pepper, Salt, Cinamon and Ginger; fill the Pye either with whole Lampreys, or those that are cut in convenient pieces, with the addition of Raifins, Currans, Prunes dried, Cherries and Dates: and covering it over with Butter, close it up; and being baked, liquor it with strained Almonds, Grapes, Raifins, Verjuice, Sugar, and Sweet - Herbs small chop'd. and boiled all together: then ferve it up with Juice of Oranges, White-wine, Cinnamon, and the Blood of the Lampreys: Ice it, and ferve it up pretty hot; or you may keep it cold, but not very long.

Lampiers in Patty= pans, Baked: Roaft your Lamprey Lamprey very tender, basting it with Butter; and being roasted or cold, put it into the Pans with Plain or Pussele, being first butter'd underneath; then season it with Pepper, Nutmeg, Ginger and Salt, Sweet-Herbs shred, Bisket-bread grated, slices of Lemon, Currans and Dates, and so close them up; and being baked, liquor them with Butter and White-wine, or Sack and Sugar.

Lampier to Boil : Wash them, but take not out the Guts; then cut them in pieces about an Inch long, putting into a Pipkin twice as much Water as will cover them, feafoning the Liquor with Pepper and Salt, thickening it with 3 or 4 Onions, a little grated Bread, a little Ale-Yest: then shred a handful of Parfley, a little Winter-Savory and Thyme very fmall: let all boil till half the Broth be confumed; then put in half a pound of Sweet-Butter; give it a walm or two, and ferve at up.

Land-foint Boiled the French way: Take Green-Pease, and put them into boiling Mutton-broth, with some thin slices of interlarded Bacon; and being near boiled, put in some Parsley and bruised Anifeeds; strain some of the Pease, and thicken the Broth; then add Pepper, grated Cheese, Pease or Flour, and sometimes Sassion or Mint, as your

Relish best suits, lay a few Sippets in the Dish, and pour this Broth on the Fowls; garnish the Dish with Flowers, sliced Lemon, and Spices, and serve it up. And thus you may order Sea-Fowl with Green-Pease, or Lambs and Kids - Heads, only dridging them over with the Yolks of hard-boiled Eggs.

Land-foint, to Carbonade: The Fowl being roafted, cut them up, and sprinkle them with Salt; then scotch and broil them, and make a Sauce with Vinegar, Butter, and the Juice of Oranges, garnish'd with slices of O-

range or Lemon.

Languishing of the Parts:
Take half a pound of Licorice, bruise two ounces; White Sugar-candy four ounces; Jelly of Calves-feet two pound; Mace, Cinnamon and Nutmeg, of each a quarter of an ounce; White-wine a quart: boil them up to the thickness of a Jelly, and strain them through a Jelly-bag, and eat of it both Morning and Evening, at least five or six spoonfuls at a time.

Lapts Meditamentalis:
Take Hungarian Vitriol one pound,
Salt of Nitre half a pound;
Cerus, Alom, Bole-armenian,
Sandiver, of each four ounces;
Sal Ammoniack two ounces; beat
them all very carefully, and mix
them with White-wine-Vinegar;
then bake them in an earthen Pot,
over a gentle fire, till they become

as hard as a Stone, and then pre-

Serve it for use.

Larks to Boil : Trufs them, and cut off their Legs and Heads; boil them (having put a little Parsley and Sage finely shred into their Bellies) in Mutton-Broth, or in Water feafon'd with a little Salt, that has been boil'd, and often scumm'd before you put 'em then boil up, when the Broth or Water is half confumed, large Mace, Dates, Marrow, Currans, Pepper and Salt; and being well stewed together, lay them on 'fine carved Sippits; and thicken the Broth with Almonds beaten and strained; add a little Rosewater and Sugar, and garnish with Lemons fliced, Barberries pickled, Sugar, and grated Bread strewed about the Dish; and for Leer, strain grated Bread and hard Eggs beaten in Verjuice and fome of the Broth. And thus you may boil and dish up all manner of fmall Birds well fauced, as Quails, Rails, Thrush, Blackbirds, Snites Wheaters, Sparrows, Feldefers, Martins, Ruffs, Brews, Godwits, Knots, Dotterels, Pewits, Strenits, Ollines, Gravelens, Red - Shanks, &c. But as for the latter ten, thisway is best approved by some Cooks; viz.

Let them be half roafted, and flick on one fide a few Cloves as they roaft; fave the Gravy, and put them into a Pipkin with it, and a little Claret and

strong Broth so much as will cover them, some boiled Hous-hold-bread strained, also Mace, Cloves, Pepper, Ginger, fryed Onions, and Salt; stew them well, and serve them up on fine carved Sippets: and sometimes, for change, you may garnish with Lemons and Sweet-Herbs shred pretty small.

Lark : Dye :, Take a dozen of Larks fresh and good, two Penny Manchets, one pound of Currans, a quarter of an ounce of Cinamon, one Nurmeg grated, a quarter of an ounce of Mace finely beaten, a quarter of a pint of Rolewater, three Eggs, and a little Salt; work all these together till they are very well mixed, and make the Mixture into Balls as big as Walnuts; put them into the Bellies of the Larks; then having plac'd them in order, put a pound of Butter and a Lemon fliced over them, half a pint of pickled Barberries, and half a pound of Citron, and Lemon candied; a quarter of a pound of Eringo-roots, and a quarter of an ounce of whole Mace: and when it is baked, put in Butter on the top of it, and ferve it up.

Lark-Spurs: The Juice of the Flowers clear the Sight, and strengthen it: it is successfully used in Vulnerary Potions: the Decoction of the Flower in Wine, and drank with a dram of Sassion insused into it, removes Obstructions.

Lasks: Take a dram of Rhubarb, Bawm, Mint, Pennyroyal, of each a pugil or little handful: boil them in Claret, or Red Wine, and drink of the Decocion two ounces at a time in the Morning fasting.

This is much better. Take Catechu, Jesuits-Bark, Crocus Martis Astringens, of each an ounce : make all into a fine Pouder. Dose one dram Morning and Evening in a Glass of Tent : but this is to be observed, that the Body be beforehand cleanfed by purging once or twice with Sal Mirabilis. Or you may after purging with the Said Salt, Stop the Flux by giving our Volatile Laudanum, or our Specifick Laudanum, every Night going to Bed, from 2 grains to 4, or 6, this will not fail of the defined end, if it be continued for some, time.

Laudanum Drecificum Deftrum: Take Theban Opium an ounce and half: diffolve it in Juice of Lemons 2 ounces mixed with Oil of Sulphur I dram: strain, inspissate, and evaporate to the thickness of an Extract, to which add Oil of Nutmegs by expression one ounce : Bezoar Mineral, Campbire, Catechu, Cochinel, Winter Cinnamon, Jesuits-Bark, Saffron, Virginian Snake-root, of each a dram and half; Anodyne Sulphur of the Vitriol of Mars 3 drams; Chymical Oils of Amber, Aniseeds, Cloves, Fennel, Juniper, Lavender, Lemons, Rosemary and Saffafras, of each half a scruple, or 15 drops: mix and make a mass for Pills.

It admirably comforts the Stomach and Bowels, and is found by experience to be good against all Fluxes of the Belly, as a Loofeness, Bloody-Rux, Lientery, Hepatick-flux, Vomiting, Bleeding at Nose, overflowing of the Terms, Spitting and Piffing of Blood, Cas tarrhs, and other defluxions of Humours: It strengthens the Internal Members; and is of good use against the Dropsie, Gout, Scurvy, Jaundice, Rheumatism, Fits of the Mother, Vapours, and other Diseases of the Womb; as also all kinds of Fewers, whether intermitting, continual, or ma-. lign. Its Virtues are so great, that we cannot sufficiently set them forth: it provokes Sweat powerfully, and therefore is given the Plague, Measles, Small-Pox, and other Epidemick Difeafes; as also in the most wehement Colick. and in all violent Pains in what part of the Body, and of what kind soever: It prevails against Coughs, Phthisicks, and Stone, whether in the Reins or Bladder. It cheers the Spirits Natural, Vital, and Animal, and fortifies them in all parts, giving Na-ture a sweet kind of rest and ease. It is also a secret in Curing a Gonorrea in Men, and the Whites in Women. Dofe from 2 or 3 grains, to 6 or 8 going to Sleep.

Laudanum Catharticum Postrum: Take Theban Opium (extracted with Juice of Lemons) one ounce and half, fine Aloes (extracted with fair Water) 8 ounces; Refinous Scammony, Ginger, Licorice, all in fine

Pouder,

Pouder, of each one ounce: mix, and with Oil of Aniseeds, Cleves, Lemons, and Saffafras, of each 3 drams: mix and make a mass. It univerfally eafes all pains, loofens the Belly being bound, purges gently, and strengthens the whole Body: It is a Medicine not enough to be valued, and almost infinitely beyond all those in the Quacks foolish Dispensatory. They are truly beholden to me for this rare Secret, their Worships never being Masters of any thing worth knowing before: and yet I have a great many other Secrets much exceeding this. in store, which it is not fit such a fort of Sapless, worthless, and ungrateful Fellows should ever come to the knowledge of: nor had they known this, had not the publick good extorted it from my Pen. This Medicine corroborates the more noble Bowels, corrects and expels corrupt and evil Humours, sweetly purging the Body, which it does by a very safe and pleasant operation : It eases Pains. in any part, induces Sleep and Rest, stops Coughs and thin Catarrhs, and is good against Tertian and Quartan Agues, being given some Hours before the Fit. Dose from 10 grains to a scruple, or more at Bed-time.

Lation faceb, to Recover:
Take the Decoction of Vervein a quart, the Water that distils from the Vine when cut in the Spring-time, as the Sap is rising, half a pint; the Roots of Primroses and Rosemary-slowers, a handful of

each steeped a day in a quart of New Milk: mix all these together, and steep the Lawns in the liquid part, being well strained from the grosser a Night: when they are next washed, they will thicken, and become fresh. And by this rule, Muslings, Lace, and Tiffany are recovered.

Laration of Parts: You must spread Emplastrum Divinum upon soft Leather, and apply it to strengthen the Part weakened by the Sublaxation.

Leach to Dake : Take a quarter of a pound of the best Jordan Almonds, blanch them and steep them in Water ten hours, or more; then pound them in a Marble Mortar very fmall, then put them into a Pipkin or Skillet with a quart of Milk over the Fire, and let them boil half an hour, but continually flir it, for otherwife it may burn to: then ftrain out your Milk into another Skillet through a Hair-Strainer; then put to it one ounce of Izing-glass, that had before been fleep'd an hour and half in Milk, and with all a good quantity of Cinnamon, with fome large Mace and alfo a Nutmeg quartered; pound of fine white Sugar; of Musk and Ambergrise both together one grain; then let it again on the Fire, and ffir it continually till you take it off: when it is enough, put to it some Rose-water, and dish it up in a Bason. Leads

Lead-most : This is good, bruised and applied to old Sores; also to kill Worms in the Flesh, by washing the Parts

with the Juice of it.

Legs Micerated : To cure this, Take a quart of Springwater, four ounces of White-Bread; add to it two ounces of Sheeps-fuet cut very small: and having boiled it a little, add an ounce of Rofin finely poudered, and a quarter of en ounce of Flowers of Sulphur, spread them well mixed and tempered on Cloth or Leather, and lay it to the Part grieved, and it will give fudden Eafe, and in time work a Cure.

If the Ulcer is inveterate or old, tho' it is of many Years standing, it will be infallibly cured, if you first wash it with Lemon-Juice two or three times; then wash it with the Water of the Griffin, washing it several times a day, and laying Linen Rags upon it, dipt in the same, often wetting them with the Water, as they lie upon the Ulcer Or you may first dress it with Unguentum Fuscum Wurtzij, till it is perfectly Cleansed, and then heal it up, by daily washing it with the Water of the Griffin. Laftly, to skin the Sore, frem over the Ulcer this Pouder : Take Catechu, Olibanum in fine Pouder, of each half an ounce; Rofin one ounce; White Starch two ounces: mix them.

Leg of Mutton, to dress after the best manner, either Roaft or Boiled in that way

they call Forc'd: Mince the Meat with Beef-fuet or Bacon. Sweet - Herbs, Pepper, Salt, Cloves, Garlick, raw Eggs, Chefnuts: then with all thefe together fill the Skin of the Leg, out of which the Meat was taken in order to be minced: prick it up, and either boil or roaft it, according to your Discretion: make Sauce with the remainder of the Meat, and other Ingredients that will not go into the Skin. and with Gravy ferve it up: garnish the Dish with pickled

Grapes or Barberries.

Leg of Meal, another way : Stuff the Veal with Beef-fuet. Nutmeg and Salt; fo boil it. and keep it scumming; put in some Salt, Parsley, and Fenel-roots, in a bundle bound up: then being almost boiled. take up some of the Broth in a Pipkin, put to it some Raifins of the Sun, Mace, and Gravy; stew them well, and let them be thickened, which is best done with grated Bread and the Yolks of hard boiled Eggs; and before you dish up your Broth, have Parsley, Marjoram, Thyme, Sorrel, Marrigold-flowers, and Spinage stript or pick'd; bruise them with the back of your Ladle, give it a warm, and dish up your Leg of Veal on carved Sippits, and run it over with be aten Butter.

Leg of Weal Douc'd : Bone it, and Lard it, but first fealon the Lard with Pepper, Cloves

Cloves and Mace, and the Veal with the same and a little Salt, and then strew minced Sweet-Herbs over it; roul it up like a Collar of Brawn: boil it or flew it in an Oven with Water, Salt, and White-wine: ferve it in a Collar, whole or fliced; or fill it with Butter, the Liquor being put away, or bake it with Butter in a Roul: Jelly it, and mix fome of the Broth with Almond-Milk and Jellies in flices of two Collars, and then ferve it up.

Lemoits: They are very Cooling; the Juice of them is taken with fuccess in all hot Diseases: it likewise, if mixed with a little unflack'd Lime. cureth the Itch, cleanfeth Spots, and destroyeth Worms in the outer-part of the Body, in the Nose, or parts of the Face or Breast, where they many times appear with their black Heads, even with the Skin like studs of Gun-powder: the Juice of them only takes away Pimples, and Redness in the Face: and if made into a Syrup with fine Sugar, it kills Worms in the Belly : it is given with fuccess in all Fevers: if you steep Pearl in this Juice a confiderable time, they will dissolve, or become as foft as Wax.

Lemon-Paste: Take Lemons that have plump and well-coloured Rinds, put them into Water, and in the boiling, shift them fix times

till they are tender: the first Water being feafon'd with a handful of Salt; then put them into a Wooden Veffel. but be fure not into any of Metal: beat them into a Pulp with a wooden Rouling-pin or Pestle, and strain them with very hard wringing through a course linen Cloth: then take somewhat more than what they weigh, in fine Sugar, and boil up what you have foucez'd out of your Lemons with it to almost a Candy - height : then take it out, fpread it pretty thin upon Plates, dry it in a gentle Oven or Stove, turn ir, and cut it out into what Form you pleafe.

Lemons to Dickle: First boil them in Water and Salt, and then put them into a Veffel fill'd up with Whitewine.

Lenten : Canfie : Tanfie, Fetherfew, Parfley, Violet - leaves; bruife them. and strain out the Juice into ei ht or ten Eggs well beaten; then stamp Almonds with the Spawn of a Pike or Carp, and frain them with the Crumbs of fine Manchet. Sugar and Role - water, and fry it thin in fweet Butter, or put the Juice of the Herbs only strained with eight or ten Eggs; fry them in fweet Butter, and dish them up with Sugar; or you may put a little Flour and Role-water to them.

Leptoffe: Take crude Antimony well chosen and pou-

der'd, about one, two, or three fcruples, Morning and Evening, according to your Age and Strength, in a spoonful of the Syrup of Clovegillishowers, or Elder-berries: this, if need require, may be continued four or five Months. So that if the first Dose prove beneficial, in cases not urgent, a scruple or half a dram may serve, nor need it be continued for so long a time.

Inwardly the Patient may take a Solution of Hungarian Vitriol, or Vitriol of Mars, in Wine, thus: Take good Vitriol in fine Pouder, a pound and half; choise White-Port Wine 19 or 20 gallons: mix and dissolve: of this half a pint well sweetned with white Sugar, may be drunk Morning and Night, if the Stomach of the Patient can bear it, otherwise, but once a day: this quantity is full enough of inward Medicines to do the Cure.

Leproffe a Specifich:
Take one ounce of Pomatum,
the Flowers of Sulphur a
dram, Sal Prunelle half an
ounce; mix them very well
into an Ointment, and with it
anoint the Part afflicted.

For an outward Application, there is scarce any thing of Vulgar use, equal to the Water of the Griffin, washing with it 3, 4, or 5 times a day: if after 20 or 30 days tryal, it is found not to be strong enough, you may amoint with this Ointment. Take Sheeps-suet a pound; Oil-Olive a pound and half; Flowers of

Sulphur 8 ounces; White Pracipitate 5 ounces: mix them, and anoint therewith twice a day. But because this is greasy, and not so fit for a Ladies use, we commend the following Wash which will not fail (by constant using of it) of doing the Cure. Take Damask-Rose-water a gallon; Powers of Mercury 16 ounces: mix them, and keep the nixture for use.

Lettuce: They are cooling to the Stomach, qualifie Choler and Heat, dispose to Rest, and encrease Milk: they yield good Nourishment. In Phrensies, Madness, and Burning Fevers, &c. let them be applied to the Temples, and the Coronal Suture, and Wrists; but it is better to dip double Rags in Lettuce water wherein Sal Prunella has been dissolved, viz. half an ounce to half a pint of the Water.

Lettuce= Stalks, to Candy: Boil them tender in Water; and then having boiled up your Sugar to a Candy, put them into it; let them boil therein, then take them out, and lay them a drying in a warm place; and fo put them up in Boxes as a Sweetmeat, which much cools and moistens the Mouth. Being eaten when going to rest, they cause gentle flumbers. In this manner you may Candy Fenelstalks, or any kind of Flower that is not extraordinary tender.

Lettuce Mater : This is

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an exceeding Cooling Drink: it allays the Heat and Diffurbances of the Brain occasion'd by hot Vapours, and disposes to Sleep. Eating the Herb boiled or raw, it qualifies the Heat of the Stomach, also the Effects of Choler, and encreafes Milk in Women, yielding good Nourishment; yet it ought not to be eaten too exceffively: Being applied Poultiswife to the Coronal Suture and Temples, and also the Wrists bound about with double Raggs dipp'd in Lettuce-water, wherein Sal Prunellæ has been dissolved viz. Half an ounce of the Salt to a pint of the Water, it proves exceeding helpful in Frenzies, Madness, burning Fevers, and fuch-like Diftempers, occasioned by violent Heats, or Fermeritations.

Leberioge- Budding : Boil a Hog's-Liver very dry, and being cold, grate it, taking as much grated Manchet as Liver, fift them through a fine Sieve or Cullender : fealon them with beaten Cloves, Mace, Cinamon and Nutmeg; you may, if you please, put in a little Ginger, but no Pepper; put then half a pound of Sugar, and a pound and half of Currans, half a pine of Rosewater, and three pound of Beef-fuet, eight Yolks of Eggs, and but four Whites; put thele in the small Guts of an Ox, or the great ones of a Hog clean washed, and beware of breaking them in boiling: or you may do it in a fine Cloath fowed up narrow and long.

Lice to aill: Take Hogslard, Quicklilver, Sage, as much of each as is needful, and mix them together to a Salve, and amoint the affliced place

Erab-Lice: Take a roafted Apple, and take the Skin and Core from it, and beat it in a Mortar, with as much Quick-filver as will make it into an Ointment, and therewith drefs the afflicted place.

Lice in Boultry: Take Pepper beaten finall, mixing it with warm Water; wash your Poultry therein, and it will kill all forts of Vermin.

Licorice is in Virtue, absterfive, cleanfing, and allayeth the bitterness of Humours. and therefore is very good for the heat of the Urine, being chewed especially whilft it's green or fresh; it allayeth Hunger and Thirst, and reraineth that Virtue many Days: The Juice of it held, when very thick, in the Mouth, and there fuffer'd to melt, hath the same Effect. It is good for the Breaft and Lungs: and is therefore fuccefsfully given to those that are short-winded. and breath with much difficulty, or such as are in Consumptions, or Pleurifies. Juice affwages prickings, not only of the Arteries of the Lungs, but the Bladder also,

and does excellently relieve Thirst, as being tempered with moisture, and colder than our Nature. It is to be noted that the Root, in which confift all these properties, is much better being fresh taken out of the Ground, than when it dry; and is exceeding more pleafant in the Taft when used

in Medicines.

Lianum Molucenfe: This is brought from the Molucca Islands in the East-Indies. This Wood is a great caufer of Sleep. Taken inwardly or outwardly, it expels hot Poifons, being rasped and boiled in White-wine. It likewise remedies the Biting of any venomous Creature. Ten grains of the Pouder of it being taken in Rose-water, cures Wounds made by poisoned Arrows; yet half a scruple of it is a Dose for the strongest Man. When it is used for Purging, the Party that takes it, must abstain from much eating: It purges Humours in general, but more particularly, gross, clammy, and melancholy Humours. It is good for quotidian Agues, and continual Fevers, for the iliack Passion, VVind-Colick, Dropfie, and Gravel; for Difficulty of making Urine, Pain of the Toints and Scirrhus, and the King's-Evil. It kills all forts of Worms, and restores lost Appetite. Some use it against invererate Head-aches, and the neifes in the Head. The In-

dians keep it so choice, that they will scarce let a Stranger fee it, though the greatest use they know of it is to catch Birds withal, by boiling it with Rice; and when the Birds have eaten of the Rice boiled with it, they fall down in a Sleep; and if they eat too much, they die. And if in taking it, it work too much, let the Party take a little of the Decoction of Rice, and it will qualifie it.

Lily of the Mallies: The Flowers and Leaves of this are held exceeding good for the Apoplexy, Falling-Sickness, Palsie, Giddiness, and other cold Diseases of the Brain. Take of the Conferve of these Likes, fix ounces; of the Pouder of Male - Peony half an ounce, Man's Skull prepared in Pouder three drams: the Seeds and Flowers of Male-Peony dried and poudered, of each two drams; Red Coral prepared, Pearl and white Amber, of each a dram; the Salt of Coral four scruples, the Syrup of the Flowers of Male-Peony, a fufficient quantity to make into an Electuary. Take of this two drams Morning and Evening, against any of the before-mention'd Diftempers; but especially in Fits of the Apoplexy, &c.

Lilv-Water: This is distilled from white Garden-Lilies in a cold Still as you do Rofes and other Simples. It is given with fuccess to VVo-

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men that have hard Labours. and to expel the After-birth. The Root of these Lilies are admirable in Cataplasms to affwage Pains and ripen Tumours: The Oil extracted from them, has not only the fame, but a more powerful Virtue. VVe find in feveral noted Authors, that they have mainly contributed to the Cure of divers troubled with the Dropsie, viz. The Juice mixed with Barly-Flower, and made into Bread, and eaten with their usual Diet, Thirty or Forty Days together.

Limbs to Comfort : Apply to the Part grieved a Plaifler of Oxycrocium made in this manner: Take two ounces and a halt of Saffron, Shippitch, Colophony, and yellow VVax, of each four ounces: Galbanum, Turpentine and Ammoniacum, Myrrh, Olibanum, and Maftick, of each one ounce and three drams: to the melted VVax add the Pitch cleanfed from the Drofs and strained, next to that the Colophony: These being melted, take them from the Fire, and let them cool a little; then add the Ammoniacum and Galbanum dissolved apart in Vinegar, and strained, and boiled to the confumption of the Vinegar, and mixed with the Turpentine; then sprinkle in the Olibanum, Myrrh, and Maftick, in very fine Pouder; and in conclusion, the Saffron finely poudered and well mixed, and fo make it into Plaister.

This comforts and strengthens the Limbs, and is an excellent Emollient for Aches. and to discuss cold Tumours. or any cold Humours fetled in the Joints, or afflicting the Nerves and Sinews, and confequently a very good Gout-Plaister.

Limbs, a strengthening Plaister: Take Red Lead poudered one pound, Cerusse prepared half a pound, Soap ten ounces, common Olive-Oil a quart. Rose-water nine ounces: boil them according to Art, till they become thick enough to spread on a Plaister.

This is very highly commended for strengthening the Ligaments, and the Matrix; being spread upon a round piece of Leather, and applied; it also strengthens the Backs of Women near Travel, and eases the Pains that frequently afflict them on that fcore.

It is also a famous thing, and a Specifick in the Gout, which it eases and cures to a miracle.

Lime-Eree: The Leaves and Bark of this Tree repel, dry and provoke Urine: A Mucilage made of the Bark, is good in Burns and Wounds. The Leaves bruifed and fprinkled with Water, discuss Swellings in the Feet. The Flowers are cephalick, and of a very fragrant Scent. The distilled Water is much in efteem for the Apoplexy, Falling-Sickness,

Sickness, and Giddiness; the Dose being from an ounce to an ounce and a half. It is likewise a great Beautifier of the Face; and drank withWater of Camomile it cures the Gripes. The Berries dryed till reduced to Powder, are much commended for the Bloody-flux, and other Fluxes of the Belly. Being mixed with Vinegar, and put up the Nostrils, the Bleeding at the Nofe is stayed.

Lime-Wlater, to Make . Take a pound of clean quick Lime, flack it in a gallon of warm Water, and let it stand till all that will fubfide be ferled to the bottom; and feparation being made, the Water fwim clear at top, at which time it will often happen, that a kind of thin and brittle fubstance, almost like Ice, will cover the furface of the Liquor: As foon as the Water is thus impregnated, delay not to pour it off warily, and keep it well stopped. This is useful on divers occasions, as to wash Sores, supple Pains and Aches, cure the Tooth-ach, the Mouth being washed with it and a little Honey.

If it be defigned for Confumptions, or Obstructions, it must be made thus: Take a gallon of Lime-water made as the former, infuse in it cold Saffafras, Licorice, and Anifeeds, of each an ounce : adding thereto half a pound of Currans, or the like quantity of Raisins of the Sun stoned. The Dose of this compound Lime-water, is from four or five ounces, and may be taken twice a Day.

Limonade: To make this. icrape the Lemon - peel as much as you think fit, into Water and Sugar, and add a few drops of the Effence of Sulphur, with some slices of Lemon, observing always to put half a pound of Sugar to a pint of Water. This is very wholfom for the Stomach. creates Appetite, and good Digestion, and is a very pleafant cooling Liquor; and in case of the Distemper, call'd Furor Uterinus. Take the Feathers of a Partridge, burn them for a confiderable time under the Party's Nofe, fo that the Fume may ascend the Nostrils, and drink a quarter of a pint of this Limonade after it.

The true way of making Limonade is with Lime-Juice thus. Take Spring-Water two quarts, Lime-Juice a pint, or near upon, double refined Sugar a pound, or pound and half, according as you love it in sweetness: mix and dissolve the Sugar, and it is done.

Liniments for Demoz= thoids: Take of the Flowers of Sulphur two drams, Oil of Eggs half an ounce, Oil of Roles one ounce, mingle them for the Liniment for application. Or,

Take of the Oil of Linfeed,

the

the Pulp of an Onion well baked or roasted in Embers, of each two ounces; white Wax half an ounce: of these make a Liniment. Or,

Take Hog-Lice, and mash them, the Ointment of Poplar, of each an ounce; Extract of Opium half a dram: mix them, and make them up into a Liniment. All these are very proper to asswage the Swelling and Pains of the Hemorrhoids, and other violent hot Swellings, occasioned by infectious Humours.

The Piles or Hamorrhoids are cured with this Liniment, if broken. Take Mercurius Dulcis in fine Pouder, or White Pracipitate an ounce; Flowers of Sulphur an ounce and half; Saccharum Saturni 2 ounces; Oil of Bitter Almonds 8 ounces; Sheep's fuet 4 ounces. Melt and mix, and anoint therewith twice a day, or oftner. If they are not broken, this is one of the best things in the World. Take Oil of Ben half an ounce; Oil of Amber one ounce, mix them, and anoint therewith three or four times a

Lintiment to prevent scars of the Small-Dor: Take Licharge of Gold prepared, and well washed in Rose-water, of each one ounce; Oil of the four great Seeds cleansed, bitter Almonds and Eggs, of each half an ounce; Night-shade and Plantane-Water, as much as is sufficient.

This is a more Excellent Medi-

cine for the same purpose. Take Oil of Ben, White Sperma Ceti, Saccharum Saturni, of each 2 ounces: mix and make an Ointment or Liniment, with which anoint; then lay over it Emplastrum Diapalma spread upon Linen Cloth; but this Emplaster is not to be laid on till all the Scabs are fallen off.

This Liniment is a great re-

storer of Beauty.

Liniment for the Sciatica: Take three new whelped Puppies, Earth-Worms one pound, Leaves of Rosemary, Laurel, Lavender, Mother of Thyme, and St. John's - Wort, of each a handful; boil them in common Oil and Red Wine, then strain and press them strongly out, and to the Liquor add of yellow Wax and Goose-grease, of each ten ounces.

Or thus. Take Sheeps-Suet, Oil-Olive, of each a pound; Chymical Oils of Amber, Anifeeds, Carraways, Juniper-berries, Laveller, and Lemons, of each an ounce and half; Oil of Turpentine 7 ounces; Turpentine 8 ounces: Mix and make an Ointment, or Liniment.

This Liniment is much praised and commended for its excellent Virtue in easing the Pains of the Sciatica, and all forts of Rheumatisms and Gouts.

Lintment for Tetters: Take White Pracipitate, and green Vitriol, of each one ounce; Verdigrease and Boran, of each two drams; Juice of red Dock

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two ounces; Hogs-grease, and new Butter, of each four ounces; pressed Oil of Henbane one ounce.

This Liniment is excellent to cure Tetters, Ring-worms,

or any other Sores.

To wash with the Water of the Griffin, cures Ring-worms and Tetters infallibly; so also this mixture. Take fair Water 8 ounces; Powers of Mercury one ounce, mix them; with which you may wash three or four times a day. This Ointment is very good likewise for the same purpofet. Take White Pracipitate, Cinnaber finely ground. of each one ounce; Flowers of Sulphur Oil-Olive 6 ounces, 3 ounce; mix'd with Oil of Tartar per deliquium one ounce; Turpentine 3 ounces : mix them well together.

Lintment to stay Comtting; Take of the Oil of Ben, Queen of Hungary's Water, of each half an ounce; diffilled Oil of Wormwood one dram, Select Mastick finely pendered four drams, mix thin and make a

Liniment.

This being anointed hot on the Stomach, immediately flays Vomiting, and eafes the Defects of the Stomach, removing the Causes that force violent Vomitings and Strain-

ings.

Links to Bake: Take the Filler of a Leg of Pork, and cut it Dice fashion, season the Meat with Mace, Cloves and Pepper finely beaten; mince a handful of Sage, mix it with a handful of Salt, and put it

to them; hang the Guts in the Air till the moisture is a little taken out of them, then fill them, and hang them up a drying again; and when you spend them, boil, fry, or roast them as you please: They also make a good Dish, stewed with divers kinds of Meat.

Linen Doozch'b: recover this Accident, if it be not gone too far, Take two ounces of Fulling-Earth, half a pint of White-wine-Vinegar. half an ounce of Caffile-foap, half an ounce of Hens-dung, and with two Onions quartered, boil them in a quart of fair Water, till it begins to be thick; then let it cool, and being in a kind of a Jelly by putting in a little White Starch, spread it on the Place fo fcorched; and if it be but lightly done, it will foon recover it so, that in a wash or two, no marks of the Fire will remain.

Linen Stained: Take two ounces of Castile-Soap, boil it to a Jelly in a quart of Milk, keeping it from any thick curdlings; then if your Linen has been stained by Fruits, or the like, spread it on as you do Fulling-earth, and suffer it to lie on all Night; and that being taken off, wet the Place with the Juice of Lemon; and in a washing or two the Stains will disappear.

Lips Chap'd: Take Mutton-suet 6 ounces, White-Wax 3 ounces: Oil of Ben, or of Sweet Almonds

Almonds 9 ounces: mix and make an Ointment, and with it anoint the Lip; or for want of these, take Lithrage of Silver, two drams beaten fine; and then with Wax, Honey, and Oil-Olive, make them into an Ointment over a gentle Fire; and having rubbed your Lips over with your Tongue to supple them, put this Ointment on a Linen-Rag, and lay it on your Lips when you go to Bed, and in the Morning you will find them reduced to a smoothness, or at least in twice applying it. This may ferve for the Hands, Arms, Knees, or any other Parts appertaining to the Body.

Or thus. Take Sheeps - Suet, White-Wax, of each 3 ounces; Oil of Ben 4 ounces; Saccharum Saturni, pure White Sperma Ceti of each 2 ounces: mix and make an Ointment. It will not fail to cure Chaps on the Lips, Nose, Nipples of Womens Breasts, Hand, Finger, or Fundament: It is also an excellent thing against the Piles, whether whole,

or broken.

Liquid-Amber: This is the Rosin that slows from a Tree that has Leaves like those of Ivy: It is much used in Physick, it heats and strengthens, resolves, and is Anodyne; it comforts the Brain, the Head being anointed with it; it cures all forts of Pains proceeding from cold Causes. It provokes Appetite, strengthens the Stomach, and helps

Concoction. It likewise gives Gloves a very fragrant Scent. It resolves Tumours, and opens Obstructions of the Womb, affwaging the Tumours of it. It is good to provoke the Courfes. Some cut the Wood of the Tree from which it flows into small pieces, and boil it, and take off the Fat that arises from it. and fell it for the true Oil. Some Apothecaries' fell that for Liquid-Storax, when indeed it has little or nothing of the Virtue of the Liquid-Amber, or Storax.

Liquoz for Alters: Take the green Bark of Oak, bruise it well, and upon it pour good Lime-water, which before you are directed to make, and let the Infusion continue till the Liquor has acquired a deep Tincture, and with this wash any Ulcers, or old Sores, Bruises, or Wounds, if need require it, twice a Day.

For any Old Ulcer, I commend the Liquor or Water of the Griffin, as a most famous thing: I have cured Ulcers in the Legs and Feet, (the most depending parts of the whole Body) beyond all expectation, even after 12, 16, 20, yea, 30 Years being fore, and after all other means they could meet with in all that time, had been tryed in vain: In these cases, I commonly wash the Ulcer 2 or 3 times with Lime-Juice, or ser want of is, with Juice of Lemons: then wash it with the Water of the

Griffin, and lay Linen-Cloths 8 or 10 times double dipt in the same, and as the Gloth drys, keep it moif with the Liquor all the day long: by following this course, I have in a few days refored my Pasient to Health, and have performed hundreds of Cures with this Medicine, after this. mammer.

Liquoz of the Briffin:
Take Corrosive sublimate 4 ounces
pouder it and dissolve it in 2
gallons of Boiling-water: then
pracipitate with Oil of Tariar
per deliquium 6 ounces: or rather
with Salt of Tartar 4 ounces,
dissolved in a quart of fair Water; let the Orange Tawney
pracipitate settle; and decant the clear Water, which is
the Water of the Griffin. See
Pharm. Lond. lib. 3. cap. 7.
seef. 21.

Liber Cooled : Take two Gallons of Whey new made, and boil therein Fennelroots a pound and half, their Piths taken out; bruife the Roots, with Senna, Borrage, Bugloss, Violet - Leaves, Endive, Sorrel, Agrimony, Scurvygrafs, Watercrefs. Cinquefoil, of each a handful; Licorice fix drams, Fennelfeed an ounce; Cloves, Mace, Cinnamon, and Juniper-Berries, of each two drams: boil these in the Whey till one half be confumed; .then strain out the Liquid part into an earthen Vessel: being cool, bottle it up, and drink it as you find occasion. It

mainly fortifies the Stomach, and helps Digeffion.

Liber Obstructed: Take Lavender-Cotton, when flower'd, a handful; boil them in a pint of White-wine, sweeten it with white Sugar Candy, and drink a quarter of a pint of the Decoction Morning and Evening, as hot as may be. It likewise removes Obstructions in the Kidneys and Ureters, is helpful in the Jaundice, and kills Worms.

The Leaves and Flowers are also good to lay among Cloaths, not only to give them a good Scent, but to preserve them from sustaining any Injury by Moths and Worms.

For Obstructions of the Liver and Spleen, Cachexia and Greensickness in Virgins, there is nothing equal to our Pulvis Cachecticus, which may be given a dram at a time Morning and Evening for 14, 16, or 20 days: It many times cures in a fortnights time, and sometimes in less: I have cured. Virgins afflicted with the Green-fickness, for two or three Years together. and given over as uncurable by several Physicians, by the only use of this Medicine: for which Disease alone, it is worth its weight in Gold. You may fee bow to make it in our Pharmacopæia Chirurgica, in our Ars Chirurgica, lib. 1. cap. 68. fect. 4. where you will find much satisfaction.

Libertwort : This is an ex-

cellent Herb for removing the Obstructions of the Liver, and Stoppages in the Bladder and Ureters, by drinking the Decoction of it in Whitewine. It is helpful likewise in the Jaundice: and by outward Bathings, it cures the Itch and Gonorrheea: and the bruised Herb applied, stops the Blood in Wounds.

Lobfter 2Boil'd : Being boil'd, though but indifferently, lay them on a Gridiron, or toast them against the Fire, keeping them basted with Vinegar and Butter, and if you like it best, with Butter alone; and being leifurely done, ferve them up with fliced Lemon, Nutmeg, and Butter and Vi-

negar beat up thick.

Lobfter Fry'd : Take out the Meat of a boil'd Lobster. flice it long ways, and flower it; fry it in fweet Butter, that it may be crifp and white, or put it in Batter of Eggs, Flour, Salt, and Cream, roul it in this and fry it: then make a Sauce with the Juice of Oranges, Claret, and grated Nutmeg; beat them up thick with fweet Butter, rub the Dish over with a Shalot or an Onion; and having garnish'd it with flices of Oranges or Lemons, pour on the Sauce, and then ferve it up to the Table:

Lobster Bash'd : Take off the Shells when the Lobsters are newly boil'd, mince the Meat very small, and put it l

into an earthen Pot or Pipkin with as much Claret-wine as will near cover it; then add Salt, fweet Butter, grated Nutmeg, fliced Oranges, and a few Pistaches; and when it is very well stewed, serve it up on Sippirs, being run over with bearen Butter, and garnish'd with fliced Oranges, some cuts of Paste, or Lozenges of Puff-

paste.

Lobsters Jelly'd: Take a Tench, draw him at the Gills; then put it into as much Water as will conveniently boil it; feason it with Salt, Wine-vinegar, and five or fix Bay-leaves; large Mace, three or four whole Cloves, and a bundle of sweet Herbs : and the Fish being boiled, take it up, and rub off the Scales, then strain the Liquor through a Jelly-bag, and put to it a piece of Ifing-glass wash'd and steep'd, for that purpose, in fair Water, and boil it very cleanly, and run it through the Jelly-bag: and then your Lobsters being taken out of the Shells, lay them in a large clean Dish in slices, and run this Jelly over them. You may, for variety's fake, make this Jelly of divers Colours, by putting to it Saunders, Turmerick, Turnfole, or any fuch like Colours.

Garnish the Dish with Lemon-peel cut in branches or long flices, Barberries, and fine coloured Flowers. Thus you may Jelly Craw - fifth

and Prawns: but they must be laid in the Dish whole, when the shells are taken off.

Lobfters Marinated : To do this, Take them out of the Shells when they are parboil'd, lard the Tails with a falt Eel being parted in halves the longest way of the Eel; fry them in clarify'd Butter, or Olive-Oil; and when they are enough, put them into a Dish or Pipkin, and make a Sauce with Wine-vinegar, Whitewine, three or four fliced Nutmegs, and as many blades of large Mace, some sliced Ginger, and ten or twelve Cloves, with two drams of whole Pepper, and some Salt: put into this Sauce Winter - favoury, Thyme, Rosemary, Sweet-Marjoram, Bay-leaves, Sage and Parsley; then slice three. or four Lemons: dish up the Lobsters, and pour these on finely fhred; and garnishing it over with fome of the Oil or Butter they were fryed with, ferve them up pretty hot.

Lobster Dickled : Boil the Lobster in Vinegar, Whitewine and Salt, then take them up; and having Bay - leaves and Rosemary-tops. Savory, Tyme, large Mace, and whole Pepper, boil them in some of the Liquor the Lobster was boil'd in; in the middle of the boiling put in whole Cloves, then place the Lobfters in a Barrel, and put the Liquor to them, with the Herbs and Spice, and some Lemonpeel. In this manner you may keep them a long time, and fend them fweet to any part of England; which otherwise cannot be done: and when you ferve them up, do it with Spices, Peel, Herbs, and some

of the Liquor.

Lobster-Dye: Take four boiled Lobsters, and a fat raw Conger, cut some of it into fquare pieces as broad as may be; then take the Meat of the Lobsters, and slice the Tails in two halves lengthways, as also the Claws, and seaton both with Nutmeg, Pepper and Salt; then put Butter pretty thickly laid in the bottom of your Pye, and lay on the flices of Conger, and then a layer of Lobster; thus lay three or four layings till the Pye be full; then scatter some whole Cloves, Butter and White-wine, or only clarify'd Butter.

If you design to eat it hot. feafon it lightly; and being baked, feafon it with Butter, Whitewine, fliced Lemon, Gooseberries, green Grapes, or Barberries, and fo garnish it with flices of Lemon, fome Red Beet-roots fliced, or Red Cabbage-leaves finely cut into Flowers, &c.

Lobsters, Crabs, or Crafift to Butter : Take out their Meat and mince it small, and fer it over a Chafindish of Coals with a little White-wine, a little Salt, and a Blade of Mace; and when it is very hot.

fome Crumbs of White-bread, then warm the Shells against the Fire, and fill them again with their Meat, and fo ferve them in : You may do Shrimps or Prawns thus, only you must not put them into their Shells again, but garnish

your Dish with them.

Lobfter Boafted: Take your Lobsters, and half boil them, then take the Meat out of the Shells, lard the Meat of the Claws, Tail and Legs, with a fat Salt Eel; then spit this Meat with fome Salt Eel on a fmall Spit with Sage or Bayleaves between every piece, flick on the Fish some Cloves with some Sprigs of Rosemary : let the Barrel of the Lobfter be roafted whole, bafting them with fweet Butter; let your Sauce be made of Claret-Wine, the Gravy of the Fish, Juice of Orange, Anchovees, with fome Butter and Nutmeg beaten up thick.

Take Lobfter Stem'b : the Vinegar of Claret, Nutmeg, Salt and Butter, flew your Lobster somewhat dry, dish it in a convenient Dish, and running over with Butter, garnish it with sliced Lemon; or you may cut it into the fashion of Dice, and warm it withWhite-wine and Butter, put it into a Pipkin with Claret-wine, or Grape-verjuice, and grated Mancher, and fo fill a Scollop-shell, or other convenient thing with it, and ferve

hot, put in fome Butter and it up garnished with Samphire.

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Loches Stop't : The fign of these, are a Swelling of the Belly, a heavy Pain in the lower Parts, the Loins and Groin, Redness of Face, Difficulty of Breathing, and the To remedy which, apply the Hysterical Plaister to the Navel; then take this Electuary, viz. Conferve of Romanwood, and Rhue, of each one ounce; Myrrh two drams, Caftoreum and English Saffron, Volatile Salt of Amber, Sal Arminiack, and Assa Fætida, of each half a dram: make thefe with Syrup of Violets into an Electuary, and take to the bigness of a Nutmeg every four Then Take of Rhuehours. water four ounces, compound Briony-water two ounces, Sugarcandy as much as will sweeten it for a Julop, and let the Party take her rest after the taking what is prescrib'd, and the Effect will, no doubt, anfwer her Expectation.

If it is the Courses stopt, first purge the Body very well with Elixir Proprietatis, giving a spoonful of it at a time in the Morning fasting, and in a good Glass of White-Port-Wine, or in Ale for such as cannot afford Wine: Let it be given 10 days before the time expected: and every Night going to Bed, give 2 spoonfuls of the Syrup of Steel, or Black Tincture thereof in a Glass of Wine or Ale, and continue the use thereof till the expected time is come, and till three

or four days past the expected These Medicines scarcely ever fail of performing the Work at the first Estay: but if the Obstruction is invoterate and obdurate, or has been of long standing, and that at this first attempt, it should not be perform'd, you must give over the Medicines for a feason, till within twelve days of the expected time again, and then repeat over all the before directed Course again, and then you will rarely find it to fail. For this you must note, that Obstructions of this kind when they have been of many Months standing, are very difficult to remove. much more when they have been two or three Years continuance in this case nothing but patience, constant continuance a of the use of the means directed, will do. And what we have here prescribed to bring down the Courses being stopt, will certainly provoke the Loches, let the suppression come from what cause foever, but in this last case of the Loches supprest, the less of the Elixir Proprietatis may be given.

Hoin of Teal to Bake:
If you put it into the Oven with the Bones, joint them very well, feason it with Salt, Nutmeg and Pepper, and put it into your Pye; put Butter to it, and clote it up, being sure always to have a well-feason'd strong Crust, liquor it with sweet Butter. In this manner you may bake a Breast of Veal in either Pye or Passy, also a Rack or Shoulder

fluff'd with fweet Herbs and Beef-fuet.

Loofeness: To stay it, boil a convenient quantity of Cork in Spring-water till the Liquor taste strong of it; then sweeten it, and drink a pint at a time, and in two or three times so drinking he will find the effects of it. Or, drink in the Morning fasting a moderate Draught of your own Urine.

Purge first with Sal Mirabile two or three times, if the Body of the Patient will bear it: if not, then only once or twice: this done, give 2 or 3 grains or more, (if the violence of the Disease requires it) of our Volatile or Specifick Laudanum, every Night going to Bed, which is to be continued, so long as the Disease requires, or till the Patient is perfectly recovered, which

will be in a few days. Lozenges of flowers: Make a good Syrup of Sugar, then take the Blossoms or Flowers that are wholfom, of what fort you please, shred em fmall, and beat them in a wooden Mortar, and put in as many as upon boiling up will colour the Syrup of the proper Colour of the Flower : then boil it with stirring till it may be taken clean from the bottom of the Pan, and fo thick that it will scarce drop out of the Spoon: then pour it on a wet Plate, and wetting your Knife or Spatula, spread abroad to the thinnels of a Crown-piece: then cut it like Diamonds, or in what fashion

you

you please, and as the Virtue of the Flower is, and the Virtues of divers Flowers treated of in this Book, so will the Lozenges be available.

Lumber : Dye: Take grated Bread, Cloves and Mace finely beaten, Beef-fuet cut fmall into fquare pieces, then Veal or Capon minced small, with Suet and Sweet Herbs, Salt, Sugar, and the hard-boiled-Yolks of fix Eggs, and about half a pint of Cream; work them up in the Cauls of Veal like Saufages, then put them into a Dish, and bake them to a half, and fo your Pye being ready, and dried in an Oven, put them into it, and some Butter, Verjuice, Sugar, Dates, large Mace, and Grapes, or Barberries and Marrow; and when it is baked, scrape over fome Sugar, and ferve it up.

Lumber- Dye, to Deafon : Take any cold Meat (Beef or Pork excepted,) shred a pound of Beef-fuet to every pound of Meat; then put to them two Nutmegs grated, half an ounce of Cloves and Mace finely beaten, a quarter of an ounce of beaten Ginger, and the ufual fweet Herbs shred very fmall; then work them up together (the Meat being likewife minced small) with a little Salt, and fix Eggs, into Balls as big as Pullets-Eggs, and put into the Pye one pound of Currans, one pound of Raifins, and a quarter of a pound of Dates fliced, and close up all

with a pound of Butter conveniently dispers'd among the Ingredients. And if you will have it finer, make this Caudle and put into it; A quarter of a pound of Sugar, a quarter of a pint of Canary, half a quartern of Verjuice, the Yolks of three Eggs, and about a quarter of a pound of Butter; boil them up to a thickness with a a little Mace, and put it hot into the Pye, when it is about to be served up to the Table.

Lump or Ling-Dye: Take and fley them, and split it in two, then season it with Nutmeg, Pepper and Salt, and lay it into a Coffin, and on it lay some Bay-leaves, large Mace, an Onion sliced, Gooseberries, Grapes, Barberries and Butter: close it up, and when it is baked, liquor it with drawn Butter: you may bake it thus in a Dish or Pasty-Pan.

Lunacy: This is a Diftemper first seated in the Blood, and then afflicting the Brain. When the Symptoms of it first begin to appear, by extraordinary Flushing and Heat, and the Party talks wildly, Let Blood but not too much, fourteen ounces is fufficient: take a quarter of an ounce of Rhubarb thin fliced, Angelicaroots an ounce, a fprig or two of Savine; boil these in a quart of Spring-water till it be confum'd to a pint, and let it be drank luke-warm at two Draughts. an hours time between each Draught, fweetned with Sugar, and the Party put into Bed, and a warm Caudle, or elfe fome strengthening Broth provided and sup'd up about an hour afterward: by a gentle breathing Sweat the afflicting Humour will be dispers'd, and

by degrees evaporate.

First give a Vomit once or twice, or thrice if you so please of 3, 4, 5, or 6 grains of Tartar Pineticum, giving the Vomit every other, or every third day : this done, purge three or four times with the Infusion of Sena; and if you perceive that the Lunacy goes not off, you must then purge once a Week with the Pilulæ Lunares, the Preparation of which you may fee in our Pharmacopœia Bateana, lib. 1. cap. 10. fect. 53. As also in our Pharmacopœia Chirurgica, in our Ars Chirurgica lib. 1. cap. 64. feet. 21. under the Title of Vitriolum Lunæ: but in the Intervals of taking the Pilulæ Lunares, you ought to give every Night going to Bed, a small Pill either of our Laudanum Specificum, or Dr. Gardners Laudanum Samech. which are Medicines never enough to be commended.

Lungs Stopt: Take the Leaves and Seeds of Marshmallows, and boil them in Milk or Wine with Aniseeds and bruised Licorice, and let the Party drink half a pint pretty warm in the Morning fasting.

If the Stoppage is great, you must be speedy in what you give, because of the danger, the only

thing is Spirit of Harts-horn or Sal Armoniack, which may be given from a dram to two drams, in a Glass of Milk-water, or some other fit Vehicle; this destroys the acid, disolves the congulated Juices in the Lungs, and being taken for some few times, quickly restores the Circulation of the Blood.

Lungs Inflamed: Take Red Poppy-flowers a quarter of a peck, infuse them in Spring-water very hot, but not boiling-hot, and let them stand twenty four hours, then wring them out: infuse the like quantity of fresh Flowers, and having well press'd them after a convenient standing, boil up the Liquor in a Bath, till with its equal weight of Sugar it is made into a Syrup.

Half an ounce at a time is a fufficient Dose, and being exceeding Cooling, it not only helps the Inflammation of the Lungs, but also Pleurisies; and is good in most Heats, or hot Diseases, easing Pains in the Head, and causing rest.

The only thing you can give in this case, is our Spiritus Aperiens, or Spiritus Anticolicus, which being daily and constantly given in ordinary Drink, so many drops as to make it pleasantly acid or sharp, will not only cool the instanced part, but effectually open the Obstruction of the Lungs, strengthen the Stomach, and causes a good Appetite.

Lungs Billing: There is nothing better than the Water

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of Enula - campana - roots, stamp the green Roots in a stone Mortar, and mix with them half as much green Licorice; then distil it in a glass Still: Take of this Water half a spoonful at a time, whenfoever the Rifing doth trouble you: mix it with as much Old Malaga, if you cannot take it alone.

Take Milk-water, or Springmater, 3 ounces; Spirit of Sal-Armoniack 40 drops : mix them for a Dofe. It is very powerful for the purpose intended.

This is also very good: Take White-Port-Wine 4 ounces, Spirit of Harts-born a dram and half, or 40 drops: mix for a Dose, and give it.

Lungs ftopt with flegm: TakeEnula-campana-rootwell dried, Licorice and Anifeeds, of each an ounce; Flour of Sulphur half an ounce, Sugar-candy fix ounces; make all into 'a fine Powder, and take thereof half a spoonful three times a day.

Take White-Port-Wine 4 or 6 ounces, Syrup of Elecampaneroots, an ounce and half, Tin-Eture of Juice of Licorice half an ounce, Spirit of Sulphur enough to make it pleasantly Sharp.

This also is Excellent:

Take Syrups of Elecampane, of green Ginger, and of Limons, of each equal parts; mix them well. Dose 2 spoonfuls often in the day-time.

Lungs Stuff'b : Take the two forts.

Syrup of Penny-royal, or Ground-Ivy, moderately tart, stamp in it Rose-leaves and Mugwort, and make them with the Syrup and Sugar into a Conferve; of which take a quarter of an ounce Morn-

ing and Evening.

Lung-wort, its Virtues : This is Aftringent and Drying, stops Bleeding, and cures fresh Wounds ; stays the Flux of the Belly and the Courfes; the distilled Water, Powder and Syrup, are used with succels for the Diseases of the Lungs, as Short-breathings, Coughs, Confumptions, &c. That fort of it which grows on the Oak, is excellent for curing the Jaundice, by taking a handful of it, and boiling it in a close stopt Vessel, in a pint, or fomewhat more, of Smallbeer, till half be confumed; and of this take three or four ounces, as hot as may be, both Morning and Evening.

Lupins to Boil : French Lupins and French Beans, and take away the Tops of the Cods and the Strings, and then having a Pan or Skillet of fair Water boiling on the Fire, put them in with fome Salt, boil them up quick; and being boiled, ferve them up with beaten Butter and a little Pepper. Garnish the Difh with Barberries Lemonpeel and Endive, and fo ferve them up, having made a Division or Separation of the

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Acaroons to Make: Blanch a convenient quantity of Sweet-Almonds, by putting them into hot Water, beat 'em to a mash in a Mortar, and frew on them between beatings a little fine Sugar fifted; and when they are well mix'd, add the Whites of Eggs and Rose-water; and when they are of a fufficient thickness, draw over your Wafers a Feather dipt in melted Butter, and take the Butter up in spoonfuls and lay it on them, and bake them in a gentle Oven, iced over with Sugar diffolv'd in Role-water.

Madnels or Frence: Take the Gall of a Hare, boil it in a quarter of a pint of White-wine: this being drank, causes the Party to sleep, and eases the Labour and Disturbance of his Brain, until Vinegar be given him. First Vomit with Antimonial Emeticks. as with Vinum Antimoniale, Vinum Benedictum, or Tartar emetisum, which repeat for 2 or 3 feveral times, with due Intervals : then purge with an Infusion of Sena in White-wine : the Infufion of an ounce will make 4 Doses: And if the patient mants raft, you must give every Night at Bed-time 2 or 3 grains, or more of our Volatile for Specifick Laudanum.

Maiden-Bair, a Sprup: Take two good handfuls of it. shred these small, and boil them in two quarts of fair Water till a third part be confumed: then strain it, and boil up the Decoction with Sugar to a convenient thickness, and take half an ounce at a time in any convenient Liquor. This removes the tartarous and viscous Mucilage out of the Lungs, and is good for those that have Coughs, Shortness of Breath, and Pains in their Sides, or in the Bladder or Kidneys. Powder of this Herb being taken four days together, provokes Urine, expells the Stone and Gravel, and is of great use for Children in Ruptures: Or for any of thefe, the speedier to facilitate the Remedy, you may take the Syrup of Maidenhair, and Jubebs, of each three ounces; Linfeed-oil, newly drawn, two ounces; fine Sugar two drams: mingle them, and make a Lohoch, and take about a quarter of an ounce every other Hour.

Malabies of the Shin: Take Oil of Rofes half a pint, beat two ounces of Litharge of Gold to dust or powder with Vinegar, add a little of the Oil, as you bruife it in a Mortar with an iron Pefile, till the Litharge and Oil has so overcome the Vinegar, that it appears not, and it becomes a kind of a whitish Ointment; then put it up for your use, keeping it close covered.

Or the Patient may wash with Lac-Virginis, or with Saccharum Saturni, dissolv'd in Juice of Limons, and mixt with a trebble quantity of Roje-water. After which, every Night going to Bed, they may anoint with this Liniment : Take Oil-Olive 6 ounces, Sheeps-fuet three ounces; melt them in the heat of a Bath, then add Saccharum-Saturni an ounce and half, difforved in Juice of Limons; Roch-Alum half an ounce, disolved in fair water : put all together, and mix them well by beating.

This takes away Spots, Pimples, Sun-burn, Morphew, and Yellowness of Complexion; cures Itch, Scabs, Botches, Breakings-out, Tetters, Ringworms; kills Worms in the Skin, makes it smooth, and forces out the watry Humours, tending to Dropsies, by anoint-

ing with it.

The Lac-Virginale, by often washing with it, tures Worms in the Skin, and is good to dry up Running-sores, Tetters; Ringworms, Scabs, and other Breakings-out. If they have been of long standing, and are rebellious, you may anoing with this Oint-thest: Take Olivis a outless;

Sheeps-fuet 2 ounces; mix them' then add white Precipitate one ounce, Oil of Tartar per Deliquium half an ounce: mix all well together, and at last add Flowers of Sulphur 6 drams. This Ointment upon Tryal, you will find to be a very excellent thing.

Manus Chitst to Dake:
Take half a Pound of Refin'd
Sugar, with some Rose-water,
boil them together till they
come to a Sugar again, then
stir it about till it be somewhat cold; so done, take
your Least-gold and mingle
with it, then cast it according
to Art, that is in round gob-

lets, fo keep them.

Marchpane to Gild and Garnish: Blanch Almonds in hot Water, beat them well in a Mortar; put to them Sugar finely fifted, beat them and mingle them till they become a Paste; add a little Rosewater, then cover it with a Sheet of Paper, make Impresfions round it with a Spuriron, or Marking-iron, used in Pastry, ; Ice it over with Sugar, Rofe-water and the White of an Egg beat up together : and being drawn, garnish it with Comfits, cut Leaf-Gold or Silver in divers shapes, and stick it on with Gumwater; then firew grated Bisket and Carraways on it. If it happens to be Oily in beating, to remedy this, put in as much Role-water as will make it as thin as Ice,

Marchpant

Marchpane like Hung-Beef: Work some of the Paste with Red Saunders, spread it into a flatness; and the other being White, lay them one on another; and when it is dried and cut fine, it will, at first sight, appear like Interlarded Beef.

Marrigold-Water, its Virtues: This is an excellent Water for Inflamed Eyes: being dropt in them, it takes away the Inflammation and Redness; or a Rag dipped in it, may be applied to the Eyes with the fame Success. Flowers are very Cordial and Hepatick, they provoke Sweat and the Courses: There is therefore an excellent Conferve made of them, after this manner: Take of Marrigoldflowers two ounces, Confection of Kermes and Hyacinth two drams of each, the Pouder of Pearl an ounce, and as much Syrup of Cifron as will make them into a Conferve, by mixing and bruifing them well together with a sufficient quantity of fine Sugar. Take of it about a quarter of an ounce Morning and Evening. It is a great Cordial for Refrelhing the Spirits, and a Preservative against the Plague

and Pestilential Fevers.

Or you may make the Conserve thus: Take Marrigold-Flowers fresh gathered six ounces, Syrup of Limons two ounces; beat them well together to a mash or pulp: being well beaten, add Syrup of Limons, enough to make

it up into a fit body for keep-

Take the Flowers of Marrigolds a quarter of a peck, and
distil them in a cold Still;
then take a fine Linnen Cloth,
and wet it in the distilled Water: this applied to the Forehead, helps Pains of the Head;
The Eyes washed with it, removes Inflammations; and
drank in hot Diseases, is very
available and beneficial to the
Party grieved.

Marjoram Conferb'd:
Take the Tops and tenderest
part of Sweet Marjoram, two
handfuls or more, as you require a greater or lesser quantity of Conserve; bruise it
very well in a wooden Bowl
or Mortar; add twice the
weight in Sugar, boil it up
with Marjoram-water till the
Sugar comes to the thickness
of a Syrup; then put in the
beaten Marjoram, and it will
be a rare Conserve.

Marks, to Prevent: In case of the Small-pox, Measles, or such violent Distempers as leave Scars behind them, Take Litharge of Gold in fine Pouder, Ceruss washed in Rosewater, of each an ounce; Oil of Bitter Almonds, and Oil of Eggs, of each an ounce; Night-shade and Plantane-waters, of each half an ounce, or so much as will make it into an Ointment by grinding it in a stone Mortar, pouring to it sometimes of the Oils,

and

and sometimes of the VV aters; and with this anoint the Face and Hands when the Scab or Scurf is green, and it will keep them from Pitting or Scars.

There is no Ointment better than this to prevent the marks of the Small-pox, and to smooth the Skin: Take Oil of Ben, or Oil of Bitter-Almonds two ounces, Sheeps-suet one ounce, Saccharum-Saturni, Sperma-Ceti, of each six drams: mix them, and therewith anoint three times a

day.

Marmalade of Apricocks : Take Apricocks, pare them and cut them into Quarters, and to every pound of Apricocks put a pound of fine Sugar; then put your Apricocks into a Skillet with half of the Sugar, and let them boil very tender, and gently, and bruife them with the back of a Spoon till they be like a Pap; then take the other part of the Sugar and boil it to a Candyheight, then put your Apricocks into that Sugar, and keep it stirring over a Fire till all the Sugar be melted, but do not let it boil, then take it from the Fire, and ftir it till it be almost cold; then put it in Glasses, and let it have the Air of the Fife to dry it.

Take Cherries not too ripe, this Marmalade is cold, flice the fairest you can get; and having stoned them, lay them prove of an excellent Taste, in a Preserving-pan over a gentle Fire, so that they only Mourh, and comfort the Sto-

fimper but not boil; then take out a part of the Liquor, leaving only fo much as will moiften them; then put in fine Sugar, and boil them up over a quicker Fire, bruise them well, and continue strewing more Sugar till the Colour is very good; then take them off. and being well incorporated, put them up into a Glass or glazed earthen Vessel, and they will keep a confiderable time; and being carefully look'd to and fet dry, you will find it good for twelve Months.

Marmalade of Bed Currans: This is an excellent way, if well observed, viz. Take of Red Currans, when ripe, clean pick'd, squeeze out the Inice of some of 'em, and put the rest into it, adding the Juice of Raspberries; boil them together gently, and when the Currans that were whole begin to break, boil up an equivalency of Sugar to a Candy height, and put in the Currans, letting them boil with the Currans again, and forinkle into it Rofe-water; and when it comes to the thickness of a Marmalade, having taken off the Scum if it rifes, put them into a glazed Pot, being math'd as they boil till none of them remain whole: and fo when this Marmalade is cold, flice it for your use, and it will prove of an excellent Tafte, and is good to moisten the

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mach in Fevers, or other hot Difeafes.

Marmalade of Dama= fcens: Take about two quarts of the largest Damascens when they are ripe, but not overripe, pare off the Skins of three pints of them; put em into an earthen Vessel, placing those you have not skinned undermost, put as much fair Water as will cover them into a Kettle or Pot; and when it boils, put in the Ripkin, or other earthen Vellel into it. close stopped, so as the Water cannot get in; and when they are, by this way of Infusion, tender, take off the other Skins and Stones out of them all ; then take their weight of Sugar, put it to the Pulp, and fet them together over a Fire, till it boil apace: keep it clean scumm'd, and when it is boiled to a height, put it into a glass for your ufe.

Marmalade of Grapes : Take White or Red Grapes, as you defign the Marmalade for Colour, let them be gathered in a dry day, and dry them afterward on a Table when they are separated from the Stalks; then boil them in fair Water, often fcumming them, whilft the Water is reduc'd to a third part, and then let there be but a gentle Fire under them; and when you find it thickened, strain it thorough a Sieve; boiling it once more, add a fmall quan-

tity of Sugar, and so put it up when cool, and cover it close

for your use.

Marmalade of Dianges and Limons : Boil the Rinds of them in feveral Waters, till they be very tender, beat them small with their weight of Pippins, then take their weight of all in the Sugar, add to every pound of Sugar a pint of Water; boil your Water and Sugar together, and make a Syrup, then put in your Pulp, and boil it a good while till it be clear, then put in the Juice of fome Orange and Limon, fo much as will give it a fine taft : then boil it a little longer till you fee it will jelly very well, then put it into Glaffes, and keep it in a reafonable warm place : This is a very good Cordial, and stoppeth Rheum.

Marmalade of Dippins : Take the best Pippins when they are newly gather'd, and not too ripe, pare them, and take the Core out, then put to them their weight in fine Sugar, put them into a Preferving-pan, and pour upon them as much Spring-water as will cover them; boil them with a quick Fire, till you find them by trial Jellied on a Plate when cold; then take it off the Fire, and put into it a little of the Scrapings of Lemon-peel, and a like quantity of the yellow Rinde of Oranges boiled tender, (casting away their first Water, to correct their Bitter-

ness,) cutting them into narrow flices, and fo bruifing them all together into a Pulp; let the Substance cool in earthen Pans or Pots, and fet 'em in an indifferent dry place, strewing some Sugar over the Marmalade, and it will keep

well a Year or two.

Marmalade, the Spanish way : Take of ripe Pear-Quinces, pared and cored, fifteen pound, three pound of fine white Sugar, a quart of fair Water, flew them over a gentle Fire, and as they grow dryer, add a little Rofe-water, and White-wine or Canary, as the Scent best pleases; squeeze out the Juice and Pulp, and put it to four pound of Sugar more, alirtle more Rose-water and Orange-water, try it on a Plate, and if it comes clean off, it is fufficiently enough; then take it off, and let it cool, put it in Boxes, and ftrew over some perfumed Comfits, and keep it close for use.

Marmalade of Wardens: Bake them in an earthen Pot, then cut them from the Core, and beat them in a Mortar; then take their weight in fine Sugar, and boil it to a candy height with a little water, then put in your Pulp with a little beaten Ginger, and boil it till it comes from the bottom of the Poinet: And fo do with Quinces if you please.

Marmalade White: Take fix pound of Quinces, pare and core them, and then boil 'em to a Pulp, put to it two pound of Sugar moiftened well with the Juice of Quinces; boil them gently together at first, till the Liquor be fwelled out of the Quinces, and the Sugar dissolved, and all come into a convenient thickness. and fo put it up for your ufe.

Marrow, a fine Difh : Take the Marrow of two or three Bones, cut it square like Dice, and put it into a penny Manchet grated fine, with some Dates cut in halves, and a quarter of a pound of Currans, feven or eight spoonfuls of Cream, roasted Wardens, Pippins or Quinces fliced, and two or three Yolks of raw Eggs: feafon them with Cinnamon and Ginger, ; bake them, and ferve em up.

Marrow = Paffy : fix Marrow-Bones, fome fweet Marjoram, Winter-favory, and Thime, a little of each, a quarter of a pint of Rosewater, half a pound of Currans, a large Nutmeg, the Yolks of fix Eggs, half a pound of Sugar, then work it all together, and put it into a little Puff-paft Pafty; then fry them with tried Suet, or Lard.

Marth-Malloins: Though thele are very common, yet they are of much Virtue and Value in their Use, viz. The Leaves fod in White-wine or Milk, and eaten take away Hoarfness; and being beaten with Sage leaves, make a firenlar

gular Poultis for Wounds, Bruises or Inflammations: They also are good against the Biting of any venomous Creature, being applied Poultifwife with Leeks and Onions stamped very fmall. Juice, if drop'd in the Ear, appealeth the Tingling, Singing, or Buzzing Noise in the Head. The Herb and Root concocted till the Concoction feem fomewhat clammy, and fweetned, viz. the Liquid part, with a little Honey, is fuccessfully given to Women, to restore Strength, after a hard Labour in Child-bearing. The Seed, if pouder'd and drank with Red Wine, prevents excess in Vomiting. Six ounces of the Juice of Mallows, sweetened with a little Sugar, extremely removes Melancholy.

Malloms Wild: Thefe are another fort, which Phyficians diftinguish somewhat from the former, though their Virtues are little less: being fod in White-wine, or Water and Honey, they expedite the healing of Wounds, by washing them with their Concoction: and being applied Poultiswise, they are good to allay the Swellings of the King's-Evil, draw Imposthumes to a Ripeness, allay Inflammations of the Breaft, and help Ruptures of the Fundament, Ventofities, and Shrinking of the Sinews. The Leaves bruised, with a little Oil, are applied for Bitings, Burns or Scalds. The Seed powder'd, and drank in Whitewine, is good against the Dyfentery, and Flux of the

Belly.

Master Mort, its Virtues: It cures the Bitings of venomous Creatures, being stamped and applied to the Wound with Bay-salt. It is given in malignant Diseases, helps Expectoration, sweetens an offensive Breath. 'Tis also accounted good for the Dropsie; and a piece of it stopped in a hollow Tooth, eases the Pain thereof.

Map-meed: This Herb. though very common, and of no pleafant scent, is nevertheless of admirable Virtue: for. if boiled in Ale or Small-beer. with Figs, Licorice and Anifeeds, of each an ounce, and the Decoction drank hot, it eafes the Colick, and all violent Pains in the Bowels: If heated between two hot Tyles. with Elder-leaves, and applied, it draws the violent Heat of the Fever from the Head. The Decoction in White-wine is fuccessfully given for the Kings-Lvil, and other Difeafes.

Mean-milite: Take Rose-mary, Thyme, Sweet-Briar, Agrimony-wood, Betony, Eye-bright, Roman Worm-wood, and Scabious, of each a like quantity, which is the fixteenth part of a handful each; cover them with Wa-

ter in a wooden Veffel open at the top, and let them freep a Night and a Day, and then boil them very well in ano-ther Water, till the colour be very high, then in another quantity of Water boil them up till the colour looks green; and fo let it boil as long as any greenness continues; then with the Herbs in it, let it stand a Day and a Night, and to every gallon of Water, put two pound of clear Honey, the Liquor first strained from the Herbs, and when it will bear an Egg to Three-pence breadth above Water, work it together until the Honey is quite dissolved; then after a Night's fettling boil it again' a quarter of an Hour with the Whites and Shells of fix Eggs, then ftrain it: let it cool, and put it up with Cloves, Mace, Nutmegs, and Cinamon bruifed together, being hung in the Cask in a Bag; and if you'require it to drink very fpeedily, take the Whites of two or three Eggs, a spoonful of Yeast, and two spoonfuls of Wheaten-flower; beat them together, put them into the Cask, and when it has worked, ftop it up with Clay and Bayfalt well tempered, and fo it will keep long.

Deaffes : Take a fcruple of Saffron, put it into a Rag, and tying it, infuse it in Posfet-Ale, and then press it; or it may be done in Mace, Ale, or White-wine, till all the Vir-

tue of the Saffron is exhaufted in the Liquids, and let the Party drink it, keeping very warm: And if in this Diftemper, or the Small-pox, (for it is good in either) there is a foreness in the Throat, do thus:

Take half a dram of Saffron, tie it as the other in a Rag, and boil it in half a pint of new Milk till the Milk becomes very yellow, then moisten with it a Stay of Linen, and put it wet and warm under the Throat where the Sore is: and when that is cold and dry, put on another so ordered : and this will in fix or eight Hours take away the Pain, or Soreness, drinking also the Milk.

You must be sure to prevent a Flux of the Bowels, and keepthe Patient in a continual breathing Sweat, by giving proper Sudorificks and Antidotes, as Treacle-Water , Bezoartick-Water and the like, as also Mithridate . Venice-Treacle, our new London Treacle, &c. I comstantly give every Night going to Bed, '20, 25, or 30. drops of my Gutta Vita, in a Glass of Some Cordial-Water, or Middling fort of Ale, and every Morning a quarter of a spoonful of my Aqua Bezaartica, in Ala or Posset-Drink also, and in all the Drink or Poffet- Drink, they take in the day time, I give 10 or 12 drops of my Spiritus Anticolicus; by observing this Course in the Measles and Small-Pox,

Pox, I never fail of the Cure; and I believe I have cured above a Thousand Several Parients in my time of those Diseases, and never had get the ill Fortune of having one of those Patients to miscarry under my Hands.

Meat to Boaft : When a Capon, Chicken, or Fowl, has been long enough before the Fire, and thoroughly hot, that they require basting, do them once over very well with fweet Butter, dridge them over with Flower, and by fo doing, it will make a thin Crust, that will keep in all the Juice, so that they are best without any more baffing till they are enough; then bast them well with Butter, as before, which will make the Crust relent and fall away: this being done, and they grow brown on the outside, sprinkle them over with a little ordinary white Salt in groß Grains, then baft them over with Yolks of Eggs finely beaten, continuing to to do till another Crust of the Eggs arife on them, and they are fufficiently enough to dish, sauce, and ferve up to the Table.

Medlars to Dieferbe : Scald the fairest of them, when indifferently Ripe, till the Skin may be easily taken off: then stone them at the Head, and add to each pound of them, a pound of fine Sugar distolved in the Liquor till it

become ropey: then take them from the Fire, and put them up in a close Pot for

your Ufe.

Medicine for Coughs, &c. Take a large handful of ground Ivy, commonly call'd Alehoof, wash it clean, and dry it well by fwinging in a Cloath, thread and bruise it a little in a Mortar, boil it in a quart of strong Ale to the confumption of a pint, and drink it hot in the Morning fasting. This cures Pains and Inflammations, Defluxions in the Eyes, and is good against the Jaundice and Coughs of the Lungs, Confumption, Stone, and Gravel, Obstruction of the Liver and Spleen; and, according to the Learned and Judicious Sir Kevelm Digby, being applied to a Fellon like a Cataplasm, it cures it by ripening and kindly breaking it, being admirable likewife for old Sores that want cleanfing, if a little Honey and Copperas be mixed with the fuice.

If the Cough is wehement, Bal-Sam of Sulphur is much commer. ded, dropping 20 drops of it into a spoonful of Sugar, and mixing them well together, then adding to them half a pint of Posset-drink, and so drinking all off: This may be done as often in the Day-time as the Cough returns; and at Night poing to Bed, to take of our Volatile or Specifick Laudanum a gr. ij. ad Vi. repeating it every Night till

the Cough is overcome. Those that cannot take Balsam of Sulphur, may take Flowers of Sulphur a scruple at a time, made up into a Bolus with Barbadoes Green Ginger, and a few drops of the Syrup: Or instead of this, the Patient may take a full spoonful of our Tinstura-Mirabilis in a Glass of fair Water and Sugar, which will stop the Cough apon the spot, and in a few Days time taking it, will perfectly do the Cure, taking the Laudanum as aforesaid every

Night going to Bed.

Megrint, or Mertigo : Take Aaron-roots, cut them fmall, and fleep them in White wine twelve Hours; then pour fresh White-wine upon them, and steep them a confiderable time; then dry and reduce them to Pouder. Take of this Pouder two ounces, Crabs-Eyes, Cinnamon, of each half ounce; Salt of an Wormwood half an ounce; Sugar of Roses an ounce: make these into a Mass, keep them close flopp'd, and take a drara at a time in an ounce of Mint and Betony-water. This is a good Cephalick, and Excellent, especially against the before-mention'd Grievances: It also removes Coldness and Weakness of the Stomach, Wind, Stone, Quartan-Agues, and all tartarous Obstructions: The Dose, to a strong Body, may be augmented to two drams. Take it in Cana-Ty. Purge first with our Pilula

Cathartice, and repeat the purging with the same every fourth or fifth Day: mean season, in the intervals of Purging, bathe the Head Morning, Noon, and Night with the Powers of Amber, doing it very well, and rubbing it well in, and let the Patient snuff some of it up their Nostrils three, four, five or fix times a Day, as you Jee occasion requires : and every Day take of the following Mixture inwardly in a Glass of Ale, or White Port-Wine, and sometimes in Poffet-drink. Take Powers of Rosemary, of Lavender, of O. ranges and Limons, of each three ounces, mix them. Dose half a spoonful first in the Morning fasting, secondly at ten at Noon, thirdly at four in the Af ernoon, and lastly at Night going to Bed.

Myelacotons to Bake: Wipe them clean, and put them in a Pye made Scollopwife, or fome other quaint Device of Paftry; put them in whole, with their weight in refined Sugar, close it up; and when it is baked, ice it over with Sugar and Rosewater: Sometimes, for change, you may add small bits of Cinnamon, or whole Cloves and sliced Ginger.

Melantholy: Spring and Fall purge with Mecoacan-Ale, or fome fuch-like easie Purging-Ale, for the space of a Fortnight; then purge every third Day with our Elixir-Vite, taking about six or eight spoon-

file

Juls at a time min'd with a Glass of Ale. Or else purge with this: Take White-wine a quart, choice Sens a full ounce, Liquorice bruifed half an ounce, Salt of Tartartwo drams; mix and make an Infusion for two or three hours in the Wine Scalding hot: then Brain out. This will serve for Pour Doses: And let all their Drink be Fumitory Ale, putting twelve good handfuls into four gallon of new Ale; and so letting them work together.

Melancholy, a Diet-Drink : Take Fumitory and Hops before they are ripe for gathering. Borrage, of each a pound; boil them in two gallons of Spring-water, till they come to the confumption of half: ftrain out the liquid part, and fweeten it with Sugar-Candy, or Honey, and let it stand about eight days to fettle and digeft, and drink a moderate Draught of it in the Morning fafting, and the like at Night when you go to Bed, and it will much enliven the Spirits, and remove the causes of Melancholy.

apelancholy, a Diet-drink against it: Take Fumitory, Borrage, Bugloss, Hops, Dodder of Hemp, or Nettles, of each three bandfuls: Epithymum three ounces; Polypody four ounces: put all into a bag with a stone in it, which put into four gallons of new Ale letting them work together, and then drink it as com-

mon drink.

Melancholy to Suppress: Take Epithymum, Fumitory, the Flowers of Bugloss, and Borrage, of each a quarter of a pound, Senna half an ounce, Poly-podium of the Oak an ounce, Fennelseeds two drams, Whey three pints; infuse them three hours. and then boil them to the con-Sumption of a quart, whereunto add two ounces of the Syrup of Roses, Drink half a pint of it warm in a Morning, strained and fettled; and in two or three times taking, you will find wonderful Ease and Comfort : And fo, as often as you find your felf oppressed with Melancholy, use it in the manner prescribed.

Melons: This is cold and moist. Take of the Seed, and that of Pompion, half an ounce, the Seeds of white Poppies two drams, and eight Almonds blanched; beat them in a Mortar, mix them with a pint and half of Barlywater, strain and sweeten it with fine Sugar, and make an Emulsion for the Heat of the

Urine.

apetilot: This Herb mollifies and eases Pain, for which purpose it is frequently used in Cataplasms. To ease the Pains of the Pleurisie with it, take the following Fomentation: Melilot and Pellitory, of each two handfuls; Betony one handful: make a Decoction, and often wash the Breast, or Stomach with it.

Mermaid- Ppe : Take a Pig. fcald it, and bone it; and having dried it well with a Cloath, feafon it with beaten Nutmeg, Pepper, and chop'd Sage; then take two Neats-Tongues, when dried and cold after boiling, and flice them in lengths, and as thick as a Half-Crown, and lay a quarter of your Pig in a fquare or round Pye, and the flices of the Tongue on it; 'then another quarter, and more Tongue: and thus do four times double, and lay over all these some flices of Bacon, scatter a few Cloves, put in fome pieces of Butter and Bay-leaves, then bake it; and when it is fo, fill it up with pieces of fweet Butter, and make your Past white of the Butter and Flower.

This Pig, or Mermaid Pye, fo called, is to be eaten

cold.

Metheglin, its Virtues : Metheglin has been highly held in Esteem in this Nation. and is of excellent use among us, if rightly made; nor can it be otherways, fince Honey, its principal Ingredient, is the Collection of fo many Herbs, Plants, and Flowers; and no doubt the quinteffential part of them. It's an excellent Pectoral, good against Confumption, Phthifick, and Afthma: It is cleanfing, and diuretick, good against the Stone and Gravel: It is trestorative and firengthning, comforting the vital Past, and affords good Nourishment. To make it then, take these following Rules.

Metheglin, a New way: Take Hylop, Agrimony, Burnet, wild Thyme, Baum, Mint, and Fennel, Rofemary, and Angelica, "and other fuitable wholfome Herbs that have strength in them, of each about a quarter of a handful: boil them in a fufficient quantity of fair Water, till tender; then press out the Water, and let it stand a Day and a Night to fettle : draw off that part which is clear. and put two quarts of Honey to two gallons of it, and fo proportionably; let it boil an hour, keeping it clean from the fcum, then fet it a cooling, and being cold, add a little Ale-yeast, and put it into a convenient Vessel, covering the Bung with a wet Cloath; and when it has worked, at three Days end take off the Yeast, or leave it behind, by drawing it off, and putting it into another Veffel. in which it must have vent for three Days longer : then ftop it up close, yet when you hear it make a noise, you must give it vent with a Piercer, or elfe, if it force not out the Cork, it may happen to break the Veffel : If you think convenient, you may make a Bag, and put in good store of Ginger sliced, also Cloves and Cinnamon, fuffering it to hang and infuse

fo, as not to touch the bottom, and at two or three Months end, you may, if you think

fit, draw it off.

Metheglin, another way : Take Spring-water, and boil it with Rolemary, fweet Marjoram, Sage, Baum, and Saffafras, until it has boiled three or four Hours, the whole quantity of Herbs not needing to exceed one handful to a gallon of Water, of each an equal proportion; and when it is boiled fufficiently, fet it to cool and fettle a whole Night, then strain it, and add Honey the best; then set it over the Fire, and take the Whites of 20 or 30 Eggs, beat them very well, and when it boils pour them in at twice; ffir it well, and then let it boil apace before you fcum it: after it is scummed, take it off the Fire, and pour it into any earthen thing to cool; and being cold, put five or fix spoonfuls of new Ale-yeast to it, stir it together, and then every Day four it with a bundle of Feathers till it has done working, and fo put it up into a Cask, if you can get fuch a one, that has had Sack or Malaga in it; and to every gallon of Metheglin put a quart of Sack, or one pint of Aquavitæ, a quarter of a pound of fliced Ginger, and two or three Peels of Lemons and Oranges in a Bag.

Metheglin-Phylical : To order and prepare this, Gather

the Herbs under-mention'd in July, choose to dig them on a dry windy Day, if any fuch happen, and keep them drying till the Michaelmas following, viz. Saxifrage, Agrimony, Centaury, Thyme, Betony, brown Mint, and the Tops of Rolemary, of each a handful : boil them in Spring-water till the Herbs have much altered the colour; then take it from the Fire, and cool it; put into the Wort, when it is a little warm, about three pound of Honey-combs, temper and mix them well together, and fo run the Liquid part through a fine Sieve, or Strainer: then to try its strength, put in a new-laid Egg unbroken, and if it bear it not, you must put in more Honey till it will; then strain it again, and boil it over the Fire a little, keeping it clean scummed, and so being cold, put it up into a Barrel; and when it has done working, stop it up close, and draw it not off in two Months, and it will purge Melancholy, much revive the Spirits, comfort and Arengthen the Heart, purge by Urine, and gentle breathing Sweats, and keep the Party moderately drinking of it in a healthful constitution of Body.

Sweet-Marjoram Sweet-Briar-Buds, Violets and Strawberry-Leaves, of each a handful; a handful of Violet-Flowers, the double ones, if they can be got; broad Thyme, Borage and Agrimony, of each half a handful; and three or four Tops of Rosemary; the Seeds of Carraways, Coriander and Fennel, of each two fpoonfuls, and three or four. Blades of large Mace: boil these in eight gallons of run. ning Water three quarters of an hour, fcum it and ftrain it; and being lukewarm, put as much of the best Honey to it as will make it bear an Egg, the breadth of a Sixpence above the Water ; then boil it again, fo long as any Scum will rife, fo fet it to cooling; and when almost cold, put in half a pint of new Ale yeast; and when it has wrought till you perceive the Yeast to fall, then put it up, and fuffer it to work in the Cask till the Yeast has left rising, filling it up every Day with some of the fmall Liquor; and stopping it up, put in a Bag with a fliced Nutmeg in it, a few Cloves, Mace and Cinnamon, all unbruised, and a grain of Musk. The best time to make it, is a little before Michaelmas, and it will be excellent to drink towards the beginning of the Spring.

Dice to Bill: Take Hemlock-feed, and caft it to the Holes where they usually come, and they will eat it greedily, and it certainly kills

them.

Dillet : This in fome Countries is made of great

Account for Food, but among us, mostly for Physical uses, or uses tending to it, viz. Boiled and mixed with Salt, and applied to the Belly, it eases the Pains caused by Windiness: mixed with Camomile Flowers, and boiled in Whitewine, it eafes Pains in the Head and Stomach; being mixed with many Medicines, it maketh them keep long from moulding and putrefying : cover fresh Flesh of any kind in a heap of it in hot Weather, and it will preferve it a long time.

swilk to Day up: Bathe the Woman's Breafts with the Decoction of Colewort-Leaves, and anoint it with the Juice of Plantane, and the Business will

be effected.

In this case, things cooling, drying, and repercussive ought to be used: you may bathe the. Breafts Morning, Noon, and Night, with Lac Virginale pretty warm, fomenting them for a quarter of an hour at a time; which done, anoint them with Oil of Poppies by Expression; or if that cannot be had, with Oil Omphacine, which is Oil of unripe Olives, and then lay over all Emplastrum Diapalma do this every Day for some few Days, and the Work will be very Safely done; more especially, if the Patient is two or three times purged with Sal Mirabile, which carries off the Aqueous Humour which breeds Milk.

Milb to Encrease : Take Anifeeds, Liquorice, and Fennel-feeds, which boil in Poffee drink: Some hold that the Fore-hoof of a Cow burnt to Pouder, and a dram taken Morning and Evening in a Glass of Canary, with the Yolk of an Egg, rarely fails: or, for want of thefe, Ladythiftle boiled in Milk, and the Milk drank warm; or Fennel-feeds, and Cumin-feeds, bruifed and boiled in Barly-VVater, has the same Effect: likewise a Coney-skin, or Hair-skin, the fleshy fide being laid on the Breafts when green.

Minced=Ppes: Take, if you would have them exceeding short and luscious, Neats-Tongues but a little falted, boil them, but not too much, pare off the out-fide, mince the Meat of them very small, take a quantity of Marrow and Beef-fuet, fhread them together; then wash and pick clean your Raisins and Currans, mingle them then with the former, shread very small; fo candied Citron, or Orangepeel, which you relish best; dust in a little powder of Cinnamon and Ginger: then having put these into your Coffin, put in a spoonful or two of Canary, and the like quantity of Rose-water, into every Pye. To make the Crust stand fine, and eat short, sprinkle the Flower, as much as there is occasion, with cold

Water, and work the Paste with pieces of unmelted Butter: and being brought into a form and thinness, the Cruft. when baked, will far out-doe that made with hot Water. and melted Butter, as the ufual way is. You may ftrew over the Tops a little ambered Sugar, and grind two or three grains of Ambergrease, and half a grain of Musk, the which quantity will ferve five or fix Pyes: But instead of Neats-tongues, if you pleafe, Veal, Beef, or Calve's Chaldrons, will do very well.

Minced : Ppes to Deafon: To do this, Take the Meat you defign to make them on, minced finely, when parboiled; let it lie pressed all Night, then put two pound of Beef-fuet, minced fmall, to every pound of Meat, mix them very well together, and take half an ounce of Cloves and Mace beaten, half an ounce of Nutmegs, the like weight of Cinamon, and a little Salt, half an ounce of Carraway-feeds, five Pippins minced fmall without the Core. a Lemon-peel scraped, and a quarter of a pint of Role-water, a pound of Dates, half a pound of Sugar, a pound of Raisins of the Sun, two pound of Currans; mixthem well together, and put them to every pound of Meat and Suet.

Minced Dyes: Take one pound and half of Veal parboiled.

finited, and as much Suet; fhred them very fine, then put in two pound of Raisins, two pound of Currans, a pound of Prunes, six Dates, some bearen Spice, a few Carraway-seeds, a little Salt, Verjuice, Rose-water, and Sugar, to fill your Pies, and let them stand one Hour in the Oven: when they go to Table, strew on

fine Sugar.

Mineral-Crystal : To make this pure, Dissolve it when pretty well reduc'd to a fmallness before, in damask Rofe-water, evaporate it, and then filter it warm through a brown paper, on which Rofeleaves are strewed, moistned with a little Spirit of Sulphur, with a few grains of Musk and Ambergrease, and so let it crystalize, and it will be come a delicate mineral Crystal, pleasant in colour and fmell, being endued with all the Virtues of exalted and pure Nitre. It is a true Anodyne, and an excellent allayer of Thirst, extinguishing the preternatural Heat of all manner of Fevers. It is a peculiar and special Antidote against the Plague, and all manner of pestilential Infections. It removes Stoppages of the urinary Parts, and provokes Urin, gives eafe in the Quinfie, in hot, fharp, and fealding Urin, and Gonorrhœa; and for these purposes, it is best to take a dram of it in Wine sweetned with Sugar.

Mint: This is meant of that fort of Garden Mints called Spear-Mint. Its Virtues are very many, viz. Beat it and lay it to the Stomach that is weak and wants digeflion, and it comforts and fortifies it. It is a foveraign Herb to restore the Smelling and Feeling to those, wherein they are much decayed; for the first, being often held to the Nose, and for the other, the Decoction of it very ftrong applied to the numbed part. The Leaves dried and powdered, given to young Children, kill and bring away Worms: The Luice drank with Vinegar. stenches Blood; and with the Juice of fower Pomegranate, restraineth Vomiting, Hicups, and Colick - Paffions. Mint, with Rose water, and grated Nutmeg, laid on the Forehead, asswageth the Headach; and laid on the tender Dugs full of Milk, it eafeth the Pain of them. Applied with Salt, it is good for the Biting of Mad Dogs: And the Juice of it mixed with Honey, dissolved in Water, being dropt into the Ears, eafeth the Pain of them. The whole Herb distilled in a glass Alembick, in a Bath of hot VVater, or otherways, four ounces being drank, flamily Bleeding at the Nofe. Thole that affect much Milk, to prevent the curdling of it in their Stomachs, would do well to chew Mint in their Mouth, and

and swallow the Juice after it.

If Cheese be fprinkled with
the Juice, or Decoction of it,
it will keep from Corruption,
or Rottenness.

Mint-Sprup: Take about a pint of the Juice of Quinces when they are almost ripe, the Juice of Pomegranates half as much, dried Mint six ounces, red Roses two ounces; steep them in the Juices twenty four Hours, then boil it half away, and strain out the rest, and with sine Sugar make it into a Syrup; and if it be too thick, add a little Mintwater.

Mint: Clater: Take Baum, Penyroyal, and Mint, of each a handful; Canary-Lees, a gallon; and after the Infusion of ewenty four Hours, put them into a Pewter-Still, or Copper-Alembick, and keep a quick Fire under it; cover the Still with wet Cloaths, and then distill it over again, putting into the Seceiver so much fine Sugar, as may conveniently sweeten it.

This is Excellent in Fevers, or any hot pelfilential Difease. It comforts the Heart, and strengthens the Memory, and given with Syrap of Licorice, is good for Obstructions of the tungs, and Difficulty of thing.

danoms, Cinnamon, Cubebs, Cloves, Galangal, Ginger, Mace, Nut megs, Pepper, of each one ounce; Saffivn two ounces; Angelica,

Bawm, Lavender, Mint dried, of each a handful; Winters-Cinnamon nine ounces : bruise what are to be bruised, and put upon them choice Brandy fix quarts, fair Water eight quarts : digest for a Week marm, then in a Copper- Alembick with its Worm. with a gentle Fire, draw off fix quarts of Water, putting into the Receiver fo much fine Sugar. (double or trebble refined) as may conveniently sweeten it; this keep by it felf : afterwards draw off two quarts more, as a smaller Water, which may serve as a Vehicle for several Uses.

This Water is excellent against fainting Fits, comforts the Heart, is good in Consumptions, the Spleen, and Melancholy; it keeps the Countenance fresh and young, and very much helps the decay of the Memory. Taken fasting it creates a good Appetite, is excellent in internal Bruises; and indeed a better Cordial for any petional Distemper, or Defect, cannot be found.

spitcarriage: In this it is proper, that young VVomen should not be ignorant of the Symptoms, or Signs, threatning, or fore running Miscarriage; and some of them are these, Sudden Pains in the Back, or Belly, the Breasts often filling and falling; upon which, let her apply this following Cere-cloath to the Reins of the Back, or Breast.

Take the Roots of Bistort, and Coriander seed, of each two drams; unripened Galls,

Saunders,

Saunders, and Hypocistides, of each a dram; Labdanum and Maftick, of each half an ounce; Frankincense, and Bdellium, of each two drams : reduce those that can be so served into a Pouder, and with Oil of Mastick, Turpentine, and Beeswax, make two or three Cerecloaths, and apply them fometimes to the Loins, at other times to the Sides, and the Region of the VVomb under the Navel, the Party for a confiderable time altogether avoiding any violent motion both of Body, and agitation of Mind, as Excess of Toy, Anger, Melancholy, &c. relating to the latter, also violent Sneezings. Coughs, Strainings, or Affrights.

It is necessary in this Case to use also inward means, for which our Specifick Landanum, to be taken at Night going to Bed, from two grains to four, or fix, is a most approved thing; and every Morning fasting, to take a full spoonful of the Tineture of Catechu, in a glass of Old Malago, or Tent : If this course is followed by such Women as are apt to miscarry, it will certainly prevent it. The faid Tineture of Catechu is thus made.

Take choice Black or Livercoloured Catechu in very fine pouder fix ounces, choice Brandy two quarts: mix and digest two Days, Shaking it twice or thrice every Day; then let it fettle and stand upon the Faces, and decant the clear, as you have occasion for it.

Miscarriage, another : Take a sprig of Rosemary and Baum, a few Cloves, and a fmall duantity of Nurmeg; put them into a pint of Claret, burn ir; and then beat the Yolks of three new-lay'd Eggs, and having taken off the VVine from the Fire, brew it with the Herbs and Spices; then take the Cock's Treddles of fix Eggs, and the VVhite of one, beat them to an Oil, and having taken off the Froth. mix them with the rest, and fo brew them over again with fine Sugar; and when the Party feels any Pains that ulually fore-run a Miscarriage, in the Back, or Belly, let her immediately take four spoonfuls of

Moles to Bill : Take white Helibore bruifed very fmall, mix it with VVheatflour, the VVhites of Eggs, Milk and VVine, and lay little Cakes of it in the Mouth of the Holes, and the Moles will greedily eat of it, and it certainly killeth them : Or, Take the Juice of wild Cucumbers, and pour it into their Holes, and it killeth them.

Moths in Clothes: Take Hopps, and put them in a Bag; and lay them amongst your Clothes.

Mouth-Difeafes : If the Mouth be cankered, Take a pint of V.Vine-Vinegar, (and if you can get it, let it be that of Claret) Rue, red Mint, rad

red Sage, and Rosemary, of each a quarter of a handful, or as much as you can hold between the Fore-finger and Thumb; thred them fmall, and boil them in Vinegar, then diffolve in the liquid part a spoonful of Honey, and half an ounce of Alom, and half a spoonful of white Salt : wash the Mouth with it Morning and Evening.

Mouth Cankered of Doze: Take Red Port Wine a quart. Scurvygrass three handfuls ; boil and strain out, and sweeten with Honey: with this often gargle the Mouth, and all Night hold Scurvygrass in the Mouth, upon the very place Cankered, if the place is so convenient as it may

be done. Or thus:

Take Red Port Wine a quart, White Vitriol, Roch-Alum, Saceharum Saturni, of each three drams : mix and diffolve, and therewith often gargle or wash the cankred or fore place; it will kill the Canker, and heal in a fort time.

Mozello-Wine: To make this. Take half an Ame of White-wine, twenty pound weight of Morello-Cherries, divested of their Stalks; bruite them fo, that the Stones may be broken, press out the Juice and pour it into the Wine : take that which remains, and hang it in the Wine in a Bag, fo that it may not touch the bottom of the Cask; then stop it up, and let it continue a Month, at least, before you

draw it : You may put in Spices at your discretion, but it will be very pleafant without it.

Mugget Minced = Dve : Boil your Muggets tender. and being cold, mince them fmall; then put to it pieces of Lard cut square like Dice, or interlarded Bacon, the Yolks of hard Eggs cut in the fame manner, also small pieces of Mutton or Veal, the same bigness; then put some Goofberries, Grapes, and Barberries to them; feason them with Nutmeg, Pepper, and Salt, and fill up your Pye, and lay on it flices of interlaided Bacon, but very thin. Bake it, and liquor it with Whitewine and Butter beaten up.

Mulberries, a Boney : Take of the Juice of red Mulberries a pint and a half; then put to it a pound of clarified Honey; boil them up often with fcumming, fo that the Honey may be well distolved in the Juice; and a third part being confumed, take it off, put it into earthen Vessels, and keep it close stopt, as a curious cooling and cleaning

Honey.

Mulberry = Boney : Gather Blackberries, and Mulberries, when they begin to ripen, the Dew being on them, of each a quart; bruife.them. and strain them, and put to the Juices fine thin Honey two pound, and boil them over

a gentle

a gentle Fire to the thickness of Honey, and keep it close for use.

Take the same weight of Sugar, as there are of your Mulberries; wet your Sugar with some of the Juice thereof, stir it together, put in your Mulberries and let them boil until they are enough; then take out your Mulberries, but let your Syrup boil a while after, then take it off, and put it into your Mulberries, and let them stand till they be cold

for your ufe.

Mullets Boiled: Save the Liver and Roe of this Fish, and being boiled, take it up and pour out the greater part of the Water, and add to the reft a pint of Claret, a bunch of Thyme, Marjoram, and Winter-favory, Salt, Vinegar, and two Onions quartered, or fliced, and the Juice of a Lemon, also Nurmegs fliced, and Mace . broken; boil these till the Fish tasts strong of the Ingredients, then dissolve into it two or three Anchoves: feafon it with Salt, dish it up garnished with stewed Oisters, and Bay-leaves, and Sippits, if you please, under it. This, tho' it mentions no number, may extend to what number you please, the Materials being proportioned.

them, and wash them clean, boil them in Beer and Salt; then take them out of the Shells, and beard them from the Gravel and Stones, fry them in clarified Butter; then pour away fome of the Butter, and put to them a Sauce made of their own Liquor, fome sweet Herbs chopped, a little White-wine, Nutmeg, the Yolks of four or five Eggs disfolved in Wine-Vinegar, Salt, and some sliced Orange; give these Materials a warm or two in a Pipkin, and so ferve them up in Scollop Shells.

Muscles freed: Put them into a Kettle, in which there is as much boiling Water as will cover them; being enough, take them up and beard them; then wash them in warm Water, wipe them dry and flour them; being fried crisp, dish them up with Butter, beaten up with the Juice of Lemon, and Parsley strowed over them,

fryed erifp and green.

Dufctes and Cockles in Bast: Having parboiled them, take out the Meat and wash them very clean in the VVater they were boiled in, and a little VVhire-wine; then mince them small with the Yolks of three or four newlaid Eggs, season them with Salt, Nutmeg, and Pepper, wringing therein the Juice of an Orange or two; then close them within two Sheets of Paste, Bake it, Ice it, and serve it up.

Mulhicoms fricalied: Having stewed them, put away the Liquor, and put them

P 3

into

into a Frying-pan with a piece of Butter, some stript Thyme, Iweet Marjoram, and an Onion shred very small, also a little Salt, and beaten Pepper; and when they are fryed, make a Leer, or Sauce, with three or four Eggs dissolved with fome Claret-Wine, and the Juice of two or three Oranges, grated Nutmeg, and the Gravy of a Leg of Mutton; shake them well, and give them three or four toffes in the Pan: dish them, and garnish the Dish with Orange and Lemon, and rub it with a Shallot, or Omion, and so ferve 'em up.

Monthiooms, the Italian Way, : Peel them, wash them, and boil them in a Skillet . with Water and Salt, having boiled in the Water sweet Herbs before you put them in, also Parsley and a Crust of Bread; boil and drain them from the Water, and fry them with the best Olive Oil : and being fryed, ferve hem in a Dish with Oil, but not that they were fryed in, also Vinegar, Pepper, and fryed Parsley; or, for want of Oil, you may use sweet Butter.

If you would Stew them, Peel them, and take out the under part, and do it with fweet Herbs, Pepper; Salt, Whitewine, and Gravy, over a gentle Fire: put to them, when enough, some sweet Butter beaten up with the Juice of Lemon, or Orange.

These are good for those that are of a hot, or Cholerick Constitution; but those of a cold or phlegmatick one, must

eat them sparingly.

Muheooms Dickled: Take Mushrooms, put them in cold Water, peel them, keep them in Water, wash them, put them in a Sauce-pan, and boil them a Walm or two skiming them very clean, feafon them with Pepper and Salt; and when you take them off the Fire, take them out : Strow upon them Pepper and Salt; when they be cold put them in their Liquor again, letting them stand Three or Four Days in the fame Liquor, then make your Pickle one half White-Wine, the other VVine Vinegar, and put into it, large Mace, Cloves, Nutmegs, whole Pepper, and a little Salt, keep them for ufe.

Mushapoms to Dickle: To do these that they may keep a long space, and not rot, as many do that are nor well ordered, Take the Buttons, as foon as they put out of the ground, being gathered in a dry day, wash them in VVater, Salt, and Vinegar: then feeld them in the Decoction of Bay-leaves and Rofemary: put them afterward into Glasses that they may be very closely ftopt, and mingle among them long Pepper, Blades of Mace, and flices of Nutmeg, and Ginger, and fo

close 'em up with a Cover of Leather for your use.

Musk: This is an Excrescence, supposed by some to be a Tumour, or swelling, of corrupt Blood about the Navel of the Musk-Roe; which, after putrefaction and ripening, becomes Musk in a perfeet Cod, which, others affirm, falls off from the Beaft of its own accord: Being well prepared, it is not only a very fweet Perfume, but also taken in Cordials, chears and revives the Heart, and dispels gross Vapours from the Brain; and is good against pestilential Difeases, infused in Mint, Baum, or Rue-water.

Muskadines to Make: Take half a pound of refined Sugar, being beaten and fearfed, put into it two grains of Musk, a grain of Civet, and two grains of Ambergreafe, and about two drams of white Orris-powder, beat them with Gum dragon fleeped in Rofewater; then roul it as thin as may be, and cut it into Diamond fashion, like Lozenges, with your jigging Iron, and fet them in some warm Oven, or Stove; then put them into Boxes for use, and in this manner they will keep all the Year.

Brusk-Sugar, to Make: Bruske four or five grains of Musk, put it into a piece of Cambrick, or Lawn, lay it at the bottom of a Pot or Glass, and life fine Sugar on it, stop the Pot close from Air, and fet it in a warm Place, and in a few Days the Sugar will have suck'd up the Tincture of the Musk, and yield a very pleasant Smell. Thus you may perfume Sweet-meats, or Comfits, by keeping them up very close; but if the Air gets in, the Spirit of the Musk will evaporate.

your Seed very well, then beat it by little and little at a time in a Mortar and fift it; then put the Powder into a Gally-Pot, and wet it with Vinegar very well, then put in an Onion peel'd but not cut, a little Pepper beaten, a little Salt, and a lump of Stone Sugar.

Mutton Leg, Deck, Chines, &c. boited: Take either of the forementioned Joints, and lard them with a little Lemon-peel; then boil it in V-Vater and Salt, with a handful of fweet Herbs; then take a Pint and a half of Oysters well washed, and put them into a Pipkin, with some of their own Liquor, a little strong Broth, and half a Pint of Gravy, as much VVhite-.VVine, put to them two or three whole Onions, some Tyme, grated Nutmeg, and two or three Anchoves, so let them boil together; then beat up three or four Yolks of Eggs in a little of the faid Broth, to a convenient thickness, with a Ladleful of draw Broth amongft it, then dilh it up on

Sippits, then over run it with Lear, placing your Oysters on the top thereof; then serve it up Garnished with Barberries

or Lemon.

Mutton a Leg Boafted mith Defters : Take a large Leg of Mutton, and stuff it well with Mutton Suet, Pepper, Nutmeg, Salt, and Meal, then roast it and stick it with Cloves, when it is half roafted. cut off fome of the under-fide of the fleshy end, in little thin bits, then take a Pint of Oysters, and the Liquor of them, a little Mace, Sweet-butter and Salt, put all these with the bits of Mutton in a Pipkin, till half be confumed, then dish your Mutton, and pour this Sawce over it, Arew Salt about the Dish side and serve it

Mutton-19 pe: Gut it into Steaks, then feason it with Pepper and Salt, after that cut some Suet small, and put it into your Pye, remembring to put it both at top and bottom, you must put some Liquor into it before you put it into the

Pve.

Mutten a Shoulder roafled mith Deflets: Your Oysters being Parboil'd, put to them some Parsley, Thyme, and VVinter-savory, minced small, and the Yolks of fix hard Eggs minced, a handful of grated Bread, three or four Yolks of Eggs, so mingle all together with your Hands; your Shoulder or other Joint

of Mutton being spitted, lay it upon the Dreffer, make holes with your Knife, and put in your Oysters, with the Herbs and Ingredients after them; about twenty Oysters will be enough; take the rest of your quart, or as many as you have, put them into la deep Dish, with some Claretwine, two or three Onions in halves, two minced Anchoves. put all these under your Mutton in the Pan, to fave your Gravy, and when your Meat is ready, put your Sauce upon a heap of Coals, put to it the Yolk of an Egg beaten, a grated Nutmeg, and drawn Butter. Dish up your Shoulder of Mutton, and pour this thick lear of Oysters all over it, strow on the Yolks of hard Bogs minced, and Garnish it with Lemon.

Mutton to Ball: Slice a Shoulder of Mutton thin, till the Bone is only left; then put some Claret, fliced Onion. and Gravy to the Meat, the Tops of Thyme, fix Anchoves, and three ounces of Capers; and the Meat, and other things minceable, being reduced by that means small, take nine or ten Eggs, and the Tuice of a Lemon, or two, and make a Lear of them; then put the Meat into a Frying-pan, and when it is thoroughly hot, put the Lear in and foak all together over the Fire, till it be very thick: then boil the Bone with what Meat

Meat is on it, and place on the top of your Meat, the Dish garnished with slices of Lemon.

Mutton, the Turkifb way : Cut your Mutton in thin flices, wash it in Vinegar, and put it into a Pot that has a close Cover, then add clean picked Rice, and a quantity of whole Pepper, and two or three Onions: let all thefe boil very well, keep it fcuming; then take out the Onions, and dish it in Sippets.

Mutton to pals for Menison: Take a Shoulder of Mutton, pretty large, but let it be young and tender, ftrain the Blood of the Sheep amongst grated Bread, then prepare your feafoning of ordinary fweet Herbs shread very fmall: take the Bones out of the Meat, and roul them up in it, or fluff them in at convenient places, then wrap it up with a Caul of Veal, lay it in the Blood to foak twenty four Hours, prick it so with a Knife that the Blood may the more

easily penetrate it, bake it and ferve it as usually Venison is done; and it must be a very curious Palate that can! discover it from what it repre-

fents.

Myrth: This precious Gum grows upon a low prickly crooked Shrub, with fmooth Bark like Laurel; but the Leaves like Olives, and much rougher; yet out of this Tree proceeds a Gum little differing in appearance from Drops, or Tears, but afterwards it becomes of a greener Colour, and is clear and fweet to the Smell, but not fo to the Tafte. it being fomewhat bitter. The right Myrrh being drank in VVhite-wine, abates the Fit of the Quartan-Ague : it is alfo very good in Antidotes against Poisons and Hurts by venomous Beafts: It resists pestilential Fevers and Plague, and being applied to VVounds, it expedites their Cure. many other excellent Virtues. not here mention'd.

NA

Plaister, lay it on the desective held, that the Nails of the

Ails-Cloven: Min- | Nail, and as it grows, cut it gle Turpentine and away, and in a short time it together , | will be reduced as the other.

Hand

Hand scratching in some Cafes prove venomous; yet this is no more than the fuffering it to fester, or the Humours to flow to that place before prevented: to remedy it, and cure the Wound made: Take Olive-Oil a quarter of a pint, luice of Groundfil two ounces, Bees-Wax, two ounces, Stone-Pitch balf an ounce: make these over a gentle Fire, into a Salve, and spreading it on Linen, or Leather, apply it to the place grieved, and in two or three times changing, and anointing with Linfeed-Oil, the danger will be past, and the Cure effected.

Mail-Most: This is held exceeding successful, being applied to Imposthumes in the Joints, and any Defects under the Nails, especially for Whitloes, Fellons, and Nail-wheals.

Paples Bisket; To make these so much in use; Take a pound of fine Flour, and the like weight of Sugar, eight Eggs, and two spoonfuls of Rose-water, an ounce of Carraway-seeds beaten small: mix them well together, and put them, when made, into a firthinness with fair Water, into Tin Cossins, and bake them moderately in a gentle Oven, glazing them over with Water, in which Sugar has been dissolved.

Papkins to Lay: To do this in the Form of a Cock, fold the Napkin in the middle, to that the two Selvages may

come together; then pleat it at its full length in small and close Pleats, as hard as possible you can friese it; but in that be fure to keep it as close as may be: then open it again, within a finger's breadth of the middle, and join the Pleats together again, put in a good handsome round Loaf under the middle in the fold. put the edges of the Napkin on the Loaf, and then pull out the Head and Beak of the Cock out of the middle of the Napkin, which you must raise on high, and make him a Comb. Wattles, and a Beard, of some red Stuff, and for the end of the Beak, you may make it of a large Quill, which may be fashioned like a Cocks Beak. with a little Gum-Dragon fleept in Orange-flour-water: then pull out and fashion him a Tail out of the other end of the Fold, raife it as high as may be.

Like a Hen and Chickens: Pleat your Napkin like the former, but instead of putting your Selvages on the Bread, you must make many little Heads of Chickens, as if they were coming out from under the Wings of the Hen.

Napkins in the fame manner as you did that of the Cock; then open them, and lay long Loaves under the Plate in the middle; then draw a Seut out of the Fold, and four feet out

of the four Corners of the Napkin, and put in a small Loaf at one end under the Fold, and so form out the Head, Ears, and Nack.

Like a Pig: Pleat your Napkin overthwart in very small Pleats, and pinch it, and then put in a large long Loaf between the middle near the end, and at the other end another Loaf for the Head; then fashion the Head, Ears, and Tail: as for the Feet, you may make them out of the four Corners, and a Tail out of the middle of the Napkin.

Like a Turkey: First fold your Napkin as for the Cock, and put a large Loaf under it, and make a Comb of a bit of red Taffaty that may hang down on its Beak, and stick the Head, and Throat with small Flowers of different Colours; then pull out a Tail at the other end of the Fold, and the Wings from both sides.

Like a Carp: Make a Band about half a foot wide at one end of your Napkin, and make it so that the Hemm may join to the end of the Band that is indifferently large; then pleat it at its length, and pinch or freeze the Band, but leave the breadth of your four Fingers without freezing all the rest, to within four or six Fingers breadth of the end, which you must leave unteez'd to make a Tail; then

open the band, and put in a round Loaf to fashion the Head, and a long Loaf for the fashion of the Body: So you may fashion a Pike, and many other pretty Devices, that will be very taking and pleasant at an Entertainment.

Mature to reftoze : Take an Artichoke, and drefs it with Milk; that is, first boil your Artichokes in Water till the Leaves will just draw off, then put them in new Milk, and boil them thoroughly; then bruise the Pulp in the Milk, and add a little Mace and grated Nutmeg, fweeten it with Sugar, and eat often of it with a Spoon. It exceedingly restores decayed Vigour, and ffrengthens not only the Spirits, but the whole Frame of the Body. The Germans and French usually eat the tender Stalks of this Plant boiled with Butter and Vinegar: the Italians feldom boil the Heads, but eat them raw, with Salt, Pepper, Oil, and Vinegar: they are moreover held to provoke Venery, and the Decoction of the Buds drank, provoke Urine.

Mauseousness: When the Stomach, or Appetite is offended in this manner, and brought to a kind of Loathing, Take the Powder of Fennel-Seed, in a Glass of Whitewine, sweetened with Sugar, every morning fasting, till the Offence be removed. This likewise wonderfully clears the

fight,

fight, strengthens the Stomach and being mixed with pectoral Medicines, it relieves those that are Afthmatick. It also refifts Poyfon, and the Leaves of Fennel, boiled in Water, wherein Barley has been boiled. encreases Milk in Nurses; and a Concoction of the Seeds and Leaves, give eafe to the Nephritick Pains, forces Ilrine, and expells Gravel; the Roots provoke the Courfes, open the Obstructions of the Spleen, and Liver, and mainly help the Jaundice. The whole Herb shred and boiled in Broth; takes away Fat, and keeps the Body in a good Proportion. Many other Vertues are ascribed to it.

Meats - Foot- Dpe : To do this, boil the Neats Feet, then take out the Bones, and put as much Beef-fuet as will answer their quantity; mince them, and then feafon them with Gloves and Mace, finely beaten; add then some grated Nutmeg and Sugar, with a little Salt, put them into the Coffin or Past with some Barberries, Currans, and Raisins of the Sun; bake it well, and ferve it up hot.

Meats = feet fricalled : First boil, and then blanch them, fplit them, and fry them in clarified Butter, or you may Bone them, and fry them in Butter, strong Broth and Salt, having fryed a while, put into the Pan some green fome beaten Pepper, Thyme and Sparemint chopt very imall; when almost enough. make a Sauce of the Yolk of fix Eggs dissolved in Vinegar. fome Mutton Gravy, a little Nutmeg with Juice of Oranges or Lemons, and fo Difh

them up.

Peats-feet Boafted: Your Neats-feet, must be first boiled. and blanched, and when they are cold Lard them, and make them fast to a small Spit, baste them with Butter, Vinegar, Sugar, and a little Nutmeg; when enough, have in readiness a Sauce made of Claret, White - wine - Vinegar, and Toasts of brown Wheaten Bread strained with the Wine through a Strainer; then add thereto Ginger, and beaten Cinamon, a few whole Cloves, put all into a Pipkin, and ffir it with a Branch of Rosemary, till it be pretty thick.

Meats- Conques to Day: Take Bay-Salt, beat it very fine, so that it may be fifted through a fine Hair-Sieve, and Salt-Peter, of each a like quantity; and having foaked your Tongues in warm Water, rub it on very well in every part, especially at the root, then lay them in a place where they may be covered with the Salt, and as that wasts, put on more; and when they become fufficiently hard and stiff, then rowl them in Bran till they are dry, put them into a Mold a while, Chibbolds, and minced Parsley, then dry them in a Kill, with a

foft Fire; or for want of that necessary Implement, you may hang them up in a Chimney where the Smoke comes but little at them, and when they are sufficiently dryed, press them out somewhat flattish, and at length, and so put them in dry Boxes, and keep them for use.

Meats-Conques to day, another way: Take Bay-falt bruised small, and Salt-peter, like quantity; rub the Tongues well with a Linen-Cloth, then put the Salt to them, forcing it in, especially at the Roots; and as it wasts into Brine, add more; when they are hard and stiff, then they have taken Salt enough. Rowl them in Bran, and dry them in a Mold over a Sawdust Fire, or for want of fuch a Material, hang them up in a Chimney; and when you boil them, let it be in Spring-water, and it will make them look the redder.

Meats-Congue to Boil: Take your Tongue, boil it in Water and Salt; or you may Salt it a little, and only boil it in Water till it be tender, then blanch it, Dish it and stuff it with minced Lemons, mince the Peel, and show all over it; then run it over with drawn

Meats = Congues, divers ways: Take a Neats-Tongue, being boiled tender, blanch and flice it into thick flices about the bigness of a Shilling;

Butter.

fry it in fweet Butter, and being enough, put to them some ftrong Broth, Gravy, Nutmeg, Salt, and Saffron; flew them together, and then have fome Yolks of Eggs, beaten up with Grape Verjuice; put them into a Pan, and give them a tofs or two, and the Gravy and Eggs being pretty thick, dish it on fine Sippets, or make the same with Cinamon and Saffron: sometimes you may flice them as aforefaid, no bigger nor thicker than a Three pence, and used in all points as before, but only add fome Onions fryed, and flew it with Mushrooms, Nutmeg, and Mace, and ferve it up on Sippets, first rubbing the Dish with a Shalot; or you may flew it with Raifins, Mace, and blanched Almonds, or Pistaches, Marrow, Claret-wine, Butter, Salt, Verjuice, Sugar, Strong Broth, and Gravy, the Yolks of f.x Eggs, with Vinegar or Grape-Juice, and so ferve it up on Sippets.

Meats = Conque toassed, the French Way: Boil and blanch it first, and when it is cool, take out the Meat at the great end, leaving the Skin whole; and having minced it with Sweet Herbs and Apples, as also the Yolks of Eggs boiled hard, and Beef Suet, beaten with Salt and Ginger, fill up the Skin again, till it appear to be a perfect Tongue as besore; and having stopped

the hole with some Mutton-Skin or Caul of Veal, lard it with small Lardings of Bacon, and tye it to a Spit; and then being roasted, make Sauce with Gravy, Nutmeg, Butter, and the Juice of Oranges, and serve it up with Lemons sliced, and pickled Barbergies.

Beats-Conque freed:
Boil it first, and take it off; then cut it into thin slices, seafon it with Nutmeg, Sugar, and Cinamon, dip the Slices into the Yolks of Eggs, add the Juice of Lemon, and mix them together, then having your Pan pretty hot with sweet Butter in it, take up the rest in Spoonfuls; and put them in, then being fryed emough, serve them up with White-wine, Sugar, and Butter, well beaten together.

Meats-Congue Dye : To do this, Take a couple of large Neats-Tongues, fet them over the Fire in Spring-water, and parboil them, pare off the Roots and the Skin, mince the Meat with Beef-fuet, and a little Parsley, sweet Marjoram, Thyme, and Pennyroyal; feafon it with grated Ginger, beaten Mace, Cloves and Pep per finely fifted; add to thefe grated Bread and fine Sugar, and the Yolks of three or four Eggs; make your Coffin into the fashion of a Tongue, and put thefe in, bake it, and then make a Liquid of Butter and Verjuice with some Sugar and Rose-water, and pour it in at a vacant place, left for that purpose, or raising the Lid on one side.

Meats-Conque Dpe, another: Take fresh Neats-Tongues, boil, blanch. mince the Meat with four pound of Beef-fuet by it felf; mingle them together, and feafon them with an ounce of Cloves and Mace, finely beaten, fome Salt, half a preferved Orange, and a little Lemon peel minced, with a quarter of a pound of Sugar, four pound of Currans, and a little Verjuice, and Rofe-water, and a quarter of a pint of Canary; ffir these all well together . and fill up your Pyes in Coffins of what Figure you shall think fit or convenient.

Meats-Congue otherways! Boil a fresh Tongue very tender, and blanch it; and when it is cold, flice it into thin flices, feafon it lightly with Pepper, and Nutmeg, Cinamon and Ginger, all finely beaten; then put into the Pye half a pound of Gurrans, lay the Meat on, and stoned Dates in halves, the Marrow of four Bones, large Mace, Grapes, or Barberries, and Butter; close it up, and bake it: then liquor it with Claret, Butter, and Sugar, and fo ice it over.

Reats-Congue, to roast: Take a Neats-Tongue tender boiled and blanched, and when it is cold, cut a hole in the bur-end, take out the Meat, and put in the Meat minced with sweet Herbs finely shread, a Pippin, and two or three hard Yolks of Eggs minced, as also Beef-suet and Bacon made very small; mix with all these Ingredients, beaten Ginger, and fine Salt, sill the Tongue, and stop the end with a Caul of Veal, lard it, and roast it, and then make Sauce with Butter, Gravy, and the

Juice of Oranges.

Deats-Conque and Mober to roaft : Take your Tongue and Udder, Parboil them well, then blanch the Tongue, and lard them both with great Lard, but first seafon them with Pepper, Nutmeg, Ginger, and Cinamon; then roaft them and bafte them with Butter, and when they are almost roasted, dress them with Flour, mingling therewith some of the abovenamed Spices beaten fmall. Dish them up with a little Butter, Gravy, Juice of Oranges, Sugar and flices of Lemon.

Meats-Congue Stemes:
Boil them first very tender, then slice them, and put them into a Pan with fresh Butter, fry them a little, and so put them into a Pipkin, or Stewpan, with some Gravy, or Mutton-Broth, large Mace, and sliced Nutmeg, Pepper, Claret, and a little Wine, also a little Vinegar and Salt; and when the Stewing at your discretion is almost compleated, then put to the Meat two

or three flices of Oranges, Asparagus, Skirts, Chesnuts, and serve them up on fine Sippets, cover them with Butter, slices of Lemon, and Marrow.

Meats-Congue to Pot: Take the largest Neats-Tongues. falt them well, two Days after pour away the Bloody Brine, and Salt them again, let them lie in that Salt a Month, then take fome Salt-peter, and a little Roch-Alom beaten together; and rub them over with that, and let them lie one Week, then boil them till they be tender with fome Hay on the top of them, then take them out of the Kettle, and pull off the Skins; then hang them up in a ChymneywhereWood is burnt, for four Days and Nights, then melt some Butter with Spice, as you do for Potred Fowl, and put your Tongues in a Pot, and pour that over them; and when they have been Potted one Month, take out one and eat it with Mustard, and Sugar, or Mustard alone, these will look very Red, and ear Pleafantly.

Pep, or Catmint: This procures the Courses, and beying taken inwardly, or our wardly alone, or with convenient Herbs to bathe them, or sit over the hot Fumes of it, and by frequent use, it removes Barrenness, and the windy Pains of the Mother; it is used likewise in pains of the Head, proceeding from

cold

cold Caufes, as Rheums, Catarrhs, Swimming and Giddiness of the Head, and is an excellent Remedy for Windyness in the Stomach and Belly. It is profitable in Cramps and cold Aches to dissolve the cold, and expell the Wind that afflicts the Parts where they happen, and is used for Colds, Coughs, and thorness of Breath. The Juice drunk in Wine is advantageous in Bruifes. The green Herb when bruifed, applied to the Fundament for two or three Hours, eafeth the pains of the Piles: but the Juice being made into an Ointment, is the more effectual to that purpole. The Scabs, or breaking out of the Head, are taken away, being washed with its Decoction in fair Water, and has the same Effect upon the breakings out of any other Parts tending to the like nature.

Merves to strengthen:
Take of the Powder of Castor half an ounce, Spirit of Castor half a pint; digest them in the Cold ten Days, then strain out the Spirit, and when it is well settled, take ten drops inwardly in any proper Liquor. This not only strengthens the Nerves, and is good for the Diseases of the Head, and Fits of the Mother, but provokes the Courses, and remedies Deafness.

Mernes pricht: Take Peruvian Balfam, and warm it a little; then bathe it in, where the grief is; and in a little

time it takes off the acrimony of the Sanies, from whence proceed the Pain and Convulfion when we are wounded or bit by venomous Creatures: It is excellent in staunching blood, infomuch that it is affirmed, that the Beafts in Peru and New Spain, from whence it comes, finding themselves so hurt, by an Instinct of Nature rub themselves against the Tree from whence it iffues. It is of a dark colour, fragrant Smell, and brought to us in little earthen Jars.

If a Nerve is prickt, the ujual way to prevent Convulfions, or an extravagant Pain, is to cut the Nerve asunder: but in my Opinion, this following Application is better, first drop upon the wounded part, (and aneint it thereon) Oil of Peter, very well warmed, then lay over it Cotton, dipt in Oil of Peter, or in Balfam of Peru, or rather of Chili; or clap over it this mixture: Take Balfam of Chili, of Peru, of each an ounce and half, Oil of Peter one ounce; Oil of Juniper, and Turpentine of each half an ounce: mix them well together; and lay it upon the Wound with fine Tow, binding it gently on, and at give a Night going to Bed, Dose of my Specifick, or Volatile Laudanum.

Merbes Uncobered: To Remedy this, Take the Oil which is thus prepared; Poude grossy three or four ounces of the best Camphire, and ha-

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ping put it into a Mattress, pour on of Spirit of Nitre, twice as much, stop the Vessel close, and set it over a Pot half full of Water, pretty well heated, frequently stirring it, to help forward the Diffolution ; which will be done in two or three hours, and by this means you will find the Campbire turned into a clear Oil, which will from above the Spirit, then feparate it in a Viol for ufe. This is not only used to touch the Nerves that lye uncovered, but for the caries of Bones; yet this Oil is nothing but a Diffolution of the Campbire in the Spirit of Nitre; for if you cast Wa-ter upon it, to kill the Force of the Spirit, it will turn into Camphire as before,

Merbes Mounded : If the Nerves are Wounded, first wash with Generous White-Port-Wine. mixt with an equal quantity of good Brandy, letting it be blood warm; then anoint it with Oil of Peter, or Balfam of Chili, and then lay over it the mixture in the former Section; or for want of that, this following mixture : Take Balfam de Chili, and Capivij, Chio Turpentine, of each two ounces, Oil of Peter an ounce and a half, Oil of Turpentine, one ounce, Oil of Aniseed half an ounce; mix them, and apply it, renewing it Morning and Evening.

Plettle Juice: This is good to stop bleeding, and ease the Pains in the Head; being drunk it provokes U-

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rine, and is helpfull in the Dropfie: the Leaves of Nettles made into a Poultis and applied to Inflammations and Tumours, allay them; mixed with Hogs Lard and Flaxfeed,

Proplemont: Out of this comes a bitter Milk, or whitish Juice, which being mixed with Woman's Milk, and a little Oil of Roses, and mingled well over the fire in a Saucer, is greatly available to allay the Heat and Anger of sore Nipples, and recover them so, that the Insant may suck without giving the Woman any pain.

fitter: This is held an excellent Medicine for the Cholick, or any Pains, prepared after the following manner, viz. Take of the best Nitre an ounce, rub it sufficiently in a clean Mortar of Glass or Stone, then grind it with half a Scruple of Sastron, and of this Mixture take about half a dram at a time, infused in about three or four ounces of Spring-water.

from several Causes, but their general Cause is Venereal, and though they may happen on the Head, fore head, Jaws, Arms, Wrists, Hands, Back, Thighs &c. yet they mostly affect the Shin-bones: Tou must in this case, every Night, anoint with our Unquentum Mercuriale; or Unquentum Cosmeticum, and then apply over them, our Emi-

plastrum Mercuriale ; this Course, being continued for some time, will dissolve them and ease their pain, unless the Bone be foul, in which cafe, it muft be laid open and scaled, and then the Wound or Ulcer, heal'd as a common Ulcer. But notwithstanding all these external Applications, you must not be unmindful of taking away the Original Cause, by Intervals, as with Aurum Vitæ, Arcanum Corallinum, Arcanum Jovis, the Princes Powder, &c. all which Preparations, both External and Internal, you may fee. in our Pharmacopæia Chirurgica, now published in our Art of Chirurgery.

Potte in the Cars : Take the Oil of Ben-Nut, drop it into the Ear; and it not only cures the Noises, but in a great manner helps Deafness. It cleanses the Skin from Spots or Morphew, and the longer it iskept, the better it is. This Ben Nut likewise mixed with Honey, diffolves hard Swellings, and the King's-Evil; made up to a Poultis with Barly-Meal, it is good in the cold Affections of the Nerves: Mixed with Meal of Lupins, it takes off the Obstructions afflicting the Liver and Spleen; it subverts the Stomach, occafions Naufeouineis, and moves the Belly. It purges groß and clammy Flegm, by Vomit and Stool; wherefore it is good for a flegmatick Colick.

Moste, or finging in the Gar: This is usually the Forerumer of Deafness, and few that have it to any purpose, escape the losing their Hearing, especially for a time; therefore the best way is timely to prevent it: to do which.

Take the Pills de Hiera, or Hiera cum Agarico, with which the Apothecary or Druggist will furnish you. Take of them a dram at a time going to Bed, and settle your telf as well as may be to rest;

This is cured by dropping into the Ear a few drops of our Guttæ Vitæ, every Morning and Night, for Sime, few Days : Or you may drop into the Ear, this mixture : Take rectified Oil of Amber, Oil of Wormbood Chymical, of each two drams, Oil of Oranges and Limons, of each one dram, Oil of Nutmegs and Mace by Expression, of each half a dram, Civet a scruple, mix and diffolve; and drop it Morning and Evening into the Ear, for some days, stopping the Ear with Cotton or Lint, dipt either in the same, or in a strong Tin-Eture of Musk and Ambergrise.

Profe Biceving: To flay this speedily and effectually, Take the long Catkins that grow on Hazle-Trees before they Leave, by some called the Nut-Blossoms, burn them so that they may be reduced to a Pouder, but not to Ashes; and when the Blood issues from the Nose, blow up some of it with a Quill into the Nostrils, and let the Party drink the Juice of Plantane, or Plantane-water and Milk, and the bleeding will stay: This also will stay inward Bleeding till better Remedies can be obtained, though many times, of it self, it is effectual, and there needs no other, unless some large, Vein be broke, or some extraordinary Flux of Blood other-ways happens.

Poles to Diels: This is meant of an Ox, Steer, Cow, &c. Boil them tenderly, and then fry them in fweet Butter; and when fried drain the Butter from them, and put to them the Pouder of Nutmeg and Ancoves diffolved in fair Water and White-wine, with a little Salt and Mutton-Gravy: give all thefe a warm over the Fire, and serve them up in a Dish; then run it over with Butter beaten up with the Juice of Oranges, Marrow, Sage-leaves, fried Parfly, and the Yolks of Eggs.

Murses Milk to Encrease:
Take of Earth-worms an ounce, wash them well, and dry them so that they may keep sweet, and yet be reduced to a Pouder; then take half a dram, or two scruples for a Dose in a Glass of Canary.

There is nothing so good as powers of Fennel-Seeds, which may be given half a spoonful at a time, two, three, or four

times a day, mixt with a good draught of Posset-drink; this besides breeding Milk in the Nurse, has the property of causing the Milk which the Child Sucks to expel Wind, and prevent the Gripes, which is very common in young Children.

Butmegs are somewhat Aftringent, and Stomachick, Cephalick and Uterine; help Concoction, discuss Wind, take away the offensive Fumes of a strong Breath, are good in the Palpitations of the Heart, and prevent Faintings, leffen the Spleen, and ftop Loofeness and Vomiting, provoke Urine, and quicken the fight; are of great ule in Fluxes, especially the Bloodyflux, having all the Virtues necessary for a Medicine fit for these Diseases: The Oil cleanles and defends the Bowels from tharp offentive Humours, and eases the Pains that frequently afflict them : The aromatick quality, confifting in the airy Spirit, penetrates the noble Parts, and administers Comfort, whilft the gross and earthy part dries up Ulcers, and cicatrizes them ! Candied Nutmegs, or as they come over with their green Husks about them, are good in all cold Diseases of the Head, as Palsie, and other Diseases of the Nerves, and Womb, and are very Cordial: And notwithstanding all these Virtues in this one fmall Simple, yet if it be taken immoderately,

that is, in too great a quantity, it proves very hurtful, occafioning fleepy Diseases, seeing they are very Narcotick, infomuch that Tavernier relates. That when these Nuts ripen in the Molicca-Islands, where they chiefly grow, the Birds of Paradile come flocking to feed upon them; which they have no fooner done to any purpose, but a Giddiness seizing them, they fall on the Ground in a profound Sleep, or Doziness, and lye so long before they recover, that Iwarms of huge Ants that frequent those spicey Woods, frequently eat off their Legs, or intolerably fting, and kill them in earnest.

Butmeg to Candy: Take a pound of fine Sugar, a quarter of a pint of Rose-water, and Gum Arabick three penny weight; boil them up to near a Candy height: then having foaked your Nutmegs in Water, put them into it in an ear-

then Vessel, cover it close that the Air may not come in, no more than through the porous Part, and keep them in a warm Place twenty Days. and they will be of a Rock-Candy, &c.

But = Dil : Take fmall Nuts, break them in a Mill, or otherways; take out the Kernels, lay them in warm Water till the Skins or Husks come off them, then fleep them in warm Sallad Oil; and when they fwell, take them out and press them, and a curious Oil will iffue from them : put them into a glass Vessel, and let it fettle and digest twelve Days in a warm place; then use it as occasion requires. It is good for cold and moist Swellings, or Pains in the Joints; or Burns, Scalds, and Tumours, especially mixed with the Ointment of Marshmallows, and likewife that of Tobacco.

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21 = Tree : This Tree in every part is aftringent, but espe-cially the Bark, the Decoction of which is good for the Bloody-flux, or Spitting of Blood. The Acorns are Diuretick, and the distil-

led Water of a young Oak is good for Womens Difeases. Those that are cut for the Stone use a Bath of it, made of the Bark, to heal the Wound or Incision. Galls that grow upon outlandish Oaks, not only make Ink,

but are of many fingular Virtues, as being powdered and drank in VVhite-wine, to diffolve the Stone, or Gravel; ease Pains in the Bladder, or Reins, and cleanse the Stomach, caufing a good Digeftion.

Take of the VVater of Oak-Buds, and Plantain, of each three ounces; Cinamonwater Hordeated, and Syrup of dried Roses, of each an ounce; Spirit of Vitriol two or three drops, to make it pleafant and fharp, and take it Morning and Evening: it is excellent to stay immoderate Courses, and to prevent them.

Dates: They are Physically, moderately drying, refolving; and reffringent; they are cool, and therefore boiled in Posset-drink, in Fevers they are good; being heated, and put into a Bag and laid to the Side, they ease Pains, as likewife by fuch application, the Head-ach: The Ale made of them, cools and purifies the Blood, and eafes the Heat and Pains in Urine : A strong Decoction of them eases the Flux in the Belly; and boiled with Figs, Licorice, and a little Honey, in Ale, they ease the violence of the Cough, or Cold; and in a little time, the liquid part drank often as hot as may be, removes the Cause, and the Effects confequently ceafe.

Date=Cakes: Take fine Flour , mix it very well elso requires it.

with new Ale Yeast, and make it very stiff, then make it into little Cakes and rowl them very thin, then lay them on an Iron to bake, or on a baking Stone, and make a flow Fire under it, as they are baking, take them and turn the Edges of them round on the Iron, that they may bake also, one quarter of an Hour will bake them; a little before you take them up, turn them on the other fide, only to flat them; for if you turn them too foon, it will hinder the rifing; the Iron or Stone whereon they are baked, must stand at a distance from the Fire.

Dogiferous-Water: Take the Roots of Florence Orris. and Benjamin, of each one ounce and half; the best Storax fix drams, Lignum Rhodium half an ounce; Aromatick Reed and Labdanum, of each two scruples; Flowers of Benjamin one scruple; beat them into Pouder, and put them into a Matrass, and let them macerate twenty four Hours in Balneo Mariæ lukewarm, in a pint of Rose-water, the Matrafs being Ropped, and then distil them in the fame Bath a little hotter; and mixing with this Water Musk and Ambergrease fix drams, keep it as a Water of a curious, wholfom, and odoriferous fcent, to fcent, or perfume Rooms, Gloves, or what Thirs.

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This, for its admirable pleafant Scent, is called Angels-Water; It likewife contributes much to the lustre of the Face and Hands, being washed in it, mixed with a little of the Water of Fumitory. The Sediment dried and mixed among Cloaths, gives 'em a fine Perfume, and drives away Moths, Worms,

Dil Inti = Entleptich:
Take the Shavings of a dead
Man's Scull, that died a violent Death, four ounces, Amber pulverized two ounces,
mix them together, and put
them into a glass Retort, fitted with a Recipient, and diflil them in a Sand-Heat with
a gradual Fire; rectifie the
Oil mixed with Spirit, Phlegm,
and volatil Sale, and separate
them:

This Oil is beyond compare for the Epilepsie: A few drops of it taken in some cephalick Waters, as that of Bettony, Pellitory, Camomel, or Mint, you may take from three or sour to sive drops: Anoint with it, in great Pains, the insides of the Nostrils, Temples, and the sutures of the Scull, and immediate ease ensues.

Dit of Bays: Take the ripe Berries, bruise and boil them a good space in Water, then strain it out; press the Berries hard, and when the liquid part is cool, skim gently the Salt that swims on the

Decoction, which is the Oil, and is good to extenuate, calefie, and diffipate Wind in the Stomach: it diffolves cold Diseases in the Head, and eafes the Pains of the Cholick.

Dil of Went: It is made by expression, as in Oil of Almonds; the Nuts bruised with a few Aniseeds, and mixt with Water and Vinegar, and fo drunk, does purge the Body from both thin and Gross Plegm. and gives eafe in the Cholick. The Oil which is drawn out of the Nuts doth the same also, and provokes Vomiting, cleansing the Stomach of much foul Matter gathered therein; the Nut it felf. in its gross Body much troubles the Stomach, which if it is roasted, loses much of its wielent Quality, and then purges mostly downwards. The Oil given in Glisters is very good to purge the Bowels; and dropped into the Ears. helps the Noise in them, the Oil also is good against the Itch, Leprosie, Scabbiness, running Sores, roughness of the Skin, Morphews, dry Scurff, Scars, Wheals, Pinches, Freckles, and in the Face and Skin, especially if it is used with Vinegar and Nitre, or rather Saccharum Saturni; or mixt with the Meal of Darnel or Orobus, and applied Plaisterwise, in which manner it is good against the Pain of the Spleen, and the Gout; mixed with Barly Meal, and applied as a Cataplasm, it Comforts and Strengthens the Sinews, and is good against Cramps, Convulfions,

Jions, Nodes, and hard Swellings. It is an Oil which never grows stinking, or rank, and therefore used by Perfumers; and although it has no smell of its own, yet it attracts, receives, and preserves the sweet Smells of Musk, Civet, and Ambergreefe, or other things; and keeps Gloves, Leather, and other like Materials, that they shall not admit of any Spot or Stain, or ever grow Mouldy, as those things do which are perfumed with Oil of Almonds; and it is much fitter to receive the sweet Scents of other things, because it has no smell of its own, nor grows rank by long keeping, &c.

This Oil does very much attenuate, and diffipate VVind, cures the Noise of the Head, by dropping into the Ears; mollifies the Stubbornness of the Sinews, and opens Obstru-

ctions of the Liver.

Dit of Bitter Bimonds, another: Take compound Oil of bitter Almonds two ounces, putting to it half an ounce of Sperma Ceti; mix and dissolve them; and with it anoint the Face when the Small-pox is drying; and by often doing it, it will make them shell kindly, without leaving any Marks.

Dil of Camomel: Take the Flowers of Camomel, the white Leaves taken away, bruise them, put them into a considerable quantity of Oil, and let them insuse in the Sun, or fome convenient Heat, covered with a fingle linen Cloath a confiderable time, then press out the Oil, and keep it for use. This is Anodyne, and gives ease in the Cholick and Pleurisse, by bathing the affected part: It is also given in Clysters, to the same effect, with good Success.

Dil of Camomel, another: Take the Flowers, bruise them, and put them into Olive-oil, let them fland twelve Days, boil it a little, take it off and press out the Oil and . Juice, put the Juice, or Oil, in a Glass, and put in fresh Flowers. This eafes Pains in the Joints, foftens Swellings, closes Chops, or Cracks in the Skin, and supples stiffness of any Member, and, in a great measure, gives ease, by being anointed with it very hot, or a linen Rag dipt in it, fixed to

the place grieved.

Dil of Cinamon: Bruife four pound of Cinamon, infuse it in fix quarts of hot VVater, leave it to digest in an earthen Vessel, close Ropped for two Days; then pour the Infusion into a copper Alembick, fit the receiver to it, and lute the Joints with a wet Bladder, distill with a pretty good Fire three pints of the Liquor; then unlute the Alembick, and pour into it, by Inclination, the distilled VVa ter, and at the botom you'll find a little Oil; put it into a

di-Viol, and flop it close: stil the Liquor as before, and then return the VVater into Take the Oil an Alembick. found at the bottom of the Receiver, and mix it with the first, repeat this Cohobation till no more Oil arifes. This Oil ffrengthens the Stomach, eases VVomens Deliverances, the Courses, and much encreaseth Seed.

Dil for Deafnels: Take pressed Oil of Ben, bitter Almonds and Bay-Berries, of each two ounces; Spicknard, Caftoreum and Coloquintida Shred, of each a dram; Juice of Rue, and Whitemine, of each an ounce and a half: put these into a Matrass close stopped, and let them digest twenty four Hours in a lukewarm Balneo Maria; then encrease by degrees the heat of the Bath, and boil them to the consumption of the moisture: then Grain and press the Oil out for use, mixing afterward with it fix grains of Musk.

This Oil put just warm into the Ears, a drop or two at Deafnels in those that were not born fo'; but such as were born deaf very rarely recover, though fome foolish pretenders to all manner of Cures, will, for the fake of your Money, promife infallible Success.

Dil of Eggs : Take the Whites of twelve Eggs, beat

tract that and put one fpoonful of the Oil of Tartar to it; mix them well together. and fet them in the Sun, fo that at the bottom a thick fettlement will remain; take then the Oil that fwims a top off, and put it into a Viol, and let it fland in the Sun till it becomes as white as a Curd. This is exceeding good for Pains, Aches, Bruises, or any hot Humours fettling, also for Burns or Scalds.

Dit of Eggs, another : Take Yolks of Eggs, and put them in a Pot over the Fire, let them stand till you perceive them to grow black, then put them in a Press, and an Oil will fqueeze out of them, which is excellent good in all manner of Burns, and Scalds, Blafts by Lightning, or ill Airs.

Dil of fennel: two handfuls of the tops of Fennel, and put it between two Iron Plates, or clean Tiles, when they have been well heated in the Fire; and preffing them hard, you will find an Oil come out, or oily Liquid, good to anoint the Stomach with in the Phthi-

Dil of Fores: Take a Fox of about a Year old, flea, disbone it, and cut it to pieces: put to it four ounces of common Salt, Spring water as much as will ferve to boil it; them fo that they become a | boil it in an earthen glazed Por, kind of an oily substance, ex- covered over a gentle Fire, so

fick, or any Inflammations.

long that the Bones start out; then frain out the Broth, and squeeze the Flesh till all the moisture comes from it: then put to it Dill and the Tops of Thyme, fresh gathered, of each two handfuls; . Sage, Rosemary, and ground Pine, of each one handful; Salladoil four pound : return the Broth into the Pot, and having put in the Herbs and Oil, cover it very close, and let it fland twenty four Hours in a warm Bath; make it boil for two Hours, and then strain it firongly, preffing out the fubstance. Then separate the Oil, and keep it for your ufe.

This powerfully digefts and discusses cold Humours that fall on the Nervous and Membranous Parts: It is proper against all Infirmities of the Joints, Rheumatisms, Sciatica's, and cold Gout, and may be applied hot to the Parts alone, or mixed with other

proper Unguents.

Dil of Ligards: Take pressed Oil of Walnuts, depurated, three pound, and three ounces of Whitewine, put them into a glazed earthen Pot with a narrow Mouth, fet in Balneo Marie, boil it till it is exceeding hot; then take green vigorous Lizards, in number Twelve, Fifteen, or Twenty, as they are in bignels, suffocate them in the fcalding Oil; and having well. Stopped the Pot, boil them

to the confumption of their moisture: then strain and press them, and reserve the

pure Oil for use.

Oil of Lizards is commended for making the Hair grow on bald Heads, &c. It is a Specifick to cure Burstenness, the Bowels being first put up; and the Party anointed with it very warm, then laying on the Panicle that incloses the Intestines of an Animal moistened with this Oil, and strewed over with some aftringent Powder, binding on a good Pillow to keep the

Bowels tight.

Dil of Mace: Three or four grains of it falling, in a little Broth, eases the Pains of. the Cholick and Strangury; it comforts the Heart and Stomach, and helps cold Difeases of various kinds. Amointed upon the Pit of the Stomach, it strengthens it, comforts and warms it, and is good against Vomiting, and Pain of that Part: it is also good against the Gholick, and all forts of gripings of the Guts, outwardly anointed upon the Stomach and Belly, and inwardly taken from three grains to a scruple, according to the Age of the Patient. Be sure that you chuse that which is good of the kind, by Expression, and not the Counterfeit fort, which is worth little, and only deceives the expectation of the Patient. Anointed upon the Noftrils , Forehead , and Temples, it eases the Head-ach.

and Megrim, proceeding from a cold cause, and being applied, gives ease also in the Gout.

Dit of Dint: Take the Leaves of fown Mint, bruife them, let them macerate with the Juice in Oil Omphacine, and change and boil it, as you do Oil of Roses. This greatly strengthens the Stomach, a few drops being taken in Wine, Beer, or Ale, and the Stomach anointed with it; it also helps Concoction, and does many other good Offices, proper to an excellent pectoral Oil.

Dil of Multare Seed: Take two pound of the plumpelt Multard feed, four pound of Olive oil, grind them together, and let them fland nine Days; then pressout the Oil, and keep it for your use. It is excellent in case of the Palsie, Gout, Itch, or any other such-like Maladies.

Dil of Part : Take of Spicknard, cut small and bruifed, three ounces, strong Wine five ounces; put them into a strait-mouthed glazed earthen Pot, and let them infuse in a moderate hot place; then add half a pint of Olive-oil, stop up the Pot, and keep it in a boiling Balneo Mariæ till the Wine be almost consumed: after that strain and press it strongly, then separate the Oil from the sæces, and keep it stopped very close for your use.

This Oil is proper to Heat, Digeft, and Attenuate, being a moderate Closer, so that it is very useful against Cold and Windy Afflictions of the Brain. Stomach, Liver, Kidney, Spleen, Bladder, and Matrix; it unflops and purges the Brain; Cotton being dipped in it, and put to the Noffrils, affwages the Pains of them; it is good against the Palsie and Shaking of the Nerves, alfo Tumours, Suffocations, and Stranglings of the Matrix, being used as a Peffary; it is also used, by way of Injection, to affwage and allay Pains, or heat of the Bladder.

Dil of Beats-freet : Boil Neats-feet, and you will find an oily quality fwimming on the top, fcum it off, and purifie it; and in cafe of any Afflictions of the Nerves, anoint the Place grieved with it as hot as can be endured, and it will extreamly firengthen them, taking away Pains, Aches, or Weakness in the Back, Reins, Muscles, Joints, or Nervous parts, when anomted with it Morning and Evening. It likewise cures a wasting Confumption, or Pining in any part of the Body, being anointed often with it, by reason it nourisheth the fleshy, or musculous Parts, adding strength to them; but is more powerful in its operation, if you take a pound of it with the Oils of Amber, Lavender,

Lavender, Rosemary, Oranges of each an ounce; Camphire half an ounce; mix these well together, and in case of Strains, Coldness, or Weakness of the Joints anoint them with it, chasing or rubbing it in warm, you will find wonderful ease, and a cessation of Pain; it makes likewise the Skin plump and smooth.

Dil of Dipsey: Take thirty Scorpions, Oil of Bitter Almonds two pound; put them into a narrow-necked Vessel, and less them digest for thirty Days in the heat of Summer in the Sun; then strain it out, and

keep it close flopped.

This is the Counterfeit fort, which is almost every where fold for the true. But the true, is the Oil made out of the Ofprey or · Sea Eagle it felf : it is taken out of its Rump, and is used chiefly for the catching of Fish: but it is a Fabulous Story, for that they pretend, that it catches Fish by alluring them, and stupifying them; whereas it has no such Vertue at all, nor any Sympathetick power in the least to force; so that the putting this Oil into their Fishing Receipts, for such a purpose is altogether as foolish, as it is false, and destitute of the Faculty they pretend to be in it.

This is good against the Stone or Gravel in the Kidneys, the Reins being nointed with it, as also the Share and Perinæum; and injected

into the urinal Paffage, it is also good against the Bite or Sting of any venomous Creature, and the malignity of the Plague. Some think it should be used only as an Ointment; but others hold it may be given inwardly against the Pains of the Cholick and Stone, the Dose being from one to two drams in any Powder or Vehicle.

Dil of Scorpions: Take those of a middle size, when the Sun enters Leo, to the number of thirty; Oil of Bitter Almonds a quart: set them in the Sun forty Days, then press out the Oil, and keep it close stopped.

This is a good Oil for the King's-Evil, old Sores, Cancers, Inflammations, and Defects of the Skin: It gives ease to the Stone, the Reins and Flanks being anointed with it, and cures the Biting of

poisonous Creatures.

Dil of Mipers : Take live Vipers, large, fat, and vigorous, in number twelve; the best Olive-oil two pound: ftrong Whitewine Eight ounces: put the Oil into an earthen Vestel well glazed with-Let it boil in a hot Bath till you cannot endure to put your Finger into it; then plunge the Vipers one after another into the Oil, and when they are stifled, pour in the Wine prescribed; cover the Pot, and let it boil till the moisture of the Vipers is almoff

most consumed; then strain and press out the Oil, and separate it from the fæces, and

keep it for use.

This is chiefly commended for taking away the Deformities of the Skin, as Tetters, Scurf, Leprous Ulcers, and highly esteemed for those Ulcers that are caused by a venereal Poison; the use of it externally, is alone, or in Liniments, or Pomatums: It is also recommended for assumentials and to facilitate the Delivery of Women, the whole Region of the Belly being anointed therewith

Dintments for Butns: Tak: sweet Butter two pound, melt it over a moderate Fra, and add to it an ounce of Venice Cerusi-ponder, Camphire a dram, mined with a little Spirit of Wine, and make them up into an Ointment over a gentle Fire.

This Ocintment, among the Professors of Chirurgery, has a great Esteem: Far it not only cures common Burns, or Scalds, but those with Gun-powder, Lightning, melted Sulphur, or

Lead, if curable.

Dintment for the Smallpor: If you would prevent Scars, and pitting in the Face, Hands, or any part of the Body, Take a piece of fat rufty Bacon, with the Rind off, and put it on a Spit, fet a pewter Platter under it with fair Water, and let the Fat drop into it; and when it has

dript away as much as is conbeat the Dripping venient, and the VVarer together about a quarter of an Hour, and let them fland till they are cold; then pour out the VVater, and pass the Fat with mixing through two or three VVaters, till all the faltness, and offensive Scent is gone: then wash it in Rosewater, and put it up in a Gally-pot; and when you use it, melt it and patle it on your Face with a Feather. often fo doing till the Scabs and Scurf come clear away, and a delicate fmooth Skin appears under them.

Dintment for Soires, Old or New: Take Honey of Rofes, and common Honey, of each four ounces; Oil of Turpentine an ounce, and three quarters; the Yolks of two new-lay'd Eggs; mingle them well, and keep them stirring over a gentle Fire, till they become an Ointment: then dip Rags and Pledgits in it, and lay to the grieved Place, often renewing them.

Dintment for the Spleen:
Take Gum Ammontacum, Galbanum, Oppopanax, Sagapenum,
Tacamahatca, Saccharum Saturni, all pure and elear, of each
an ounce; mix and dissolve all
over the Fire, with a little Vinegar; then add Sheeps Suet, Oil
of Ben, of each fix ounces;
Becs-Wax, Turpentine, of extraft of Aloes, extract of Opium, Camphire, of each fix
drams: Turpentine, Gum Elemi,

Balfam

Balfam Capivij, of each balf an ounce; mix and make an Ointment, er foft Emplaster, it is a wonderful thing, softens and diffelves Tumors, both of Liver and Spleen, and other hard Swellings, in any part of the Body, chiefly an Oedemia in the Knee, and gives ease to any part, though the Pain is never fo Vehement. It is good also against the Pain and Hardiness in Womens Breafts, whether it proceeds from Cold, the curdling of the Milk, or from Blows. It is indeed a most excellent thing, and ought to be efteemed as a Jew.

Dintment for Micers: Take fix pound of Butter made the latter end of May, or beginning of June, boil it over a gentle Fire, clarifie it, and take away the dregs, then add yellow VVax four pound, Rofin two pound, and Venice-Turpentine one pound: make these into a proper Ointment over a gentle Fire.

This Ointment is very fo lid, that it may continue on the Parts grieved, and is not only proper for the Cure of Ulcers in the Legs; but for Tetters, Chilblains, Chaps, and Rifts of the Breafts, and other Parts of the Body.

The Flesh of Difters : this Fish is nutritive, Stomachick, and restorative in Conlumptions, being either pickled, stewed, roasted, or eaten raw; they open Obstructions of the urinary Parts, and encrease Seed; eaten raw. they cause a good Appetite, and are easie of Digestion, confirm a weak Stomach. 'and cteate good Nourishment to decayed Members. are Waters, Oils, Spirits, and volatil Salts, drawn from Oifters in this manner.

Take five quarts of large Oisters, when out of the Shells, put them into a Cucurbit, and in Balneo Maria distil off the Water to dryness, that is Flegm, with very little volatil Salt in it. This may be used in all Cales where a Milk Water is requisite. Then put the dried Oifters at the bottom into an earthen Retort, or a glass one well coated, fixing to it a large Receiver; and upon the Fire, tho not too violent, draw off the Spirit, Oil, and volatil Salt: let the Fire at first be very gentle to bring forth the remaining Flegm, then encrease it gradually, that the Spirit may follow in white Clouds; then continue the Fire, increasing it to the highest degree : so will the volatil Salt and Oil, ascend and come forth, which rectified , separate and. keep for use.

. The Salt restores in Consumptions. It is good against all Diseuses of the Head, Brain, and Nerves, as the Apoplexy, Epilepsie, Vertigo, Lethargy, and Palsie; as also Pleurisies, and all Obstructions of the Lungs and Brest, Stoppages of Urin, Jaundice, and the like: You may take it from four

grains

grains to twelve. The Spirit has the same Vertue, but is wenker; and therefore may be taken from twenty four to forty, fifty, or fixty Drops. The Oil Smells very strong, and therefore must be restified. The smelling to it is good against Vapours, and Hysterical-Fits, especially being anointed on the Nostrils. Take of the Oil two ounces, Spirit of Niter one bunce: mix and digeft them ten Days, then add eight ounces of rectified Spirit of Wine, and digest it a Month; filter it, and keep it close. This opens Obstructions, and prevails powerfully against the Cholick, and other windy Obstructions of the Bowels. The Dose is from swelve to thirty drops.

Differs to Bzoil : Take the largest Oisters and put them into Scollop Shells, or into the biggeft Oifter Shells, with their own. Liquor, and fet them upon a Grid iron, over Charcoals, and when you fee they be boiled in the Liquor, put in some Butter, a few Crums of Bread, and a little Salt, then let them fland till they are very brown, and ferve them to the Table in the Shells upon a Dish and Pie-Plate.

Differs Wooil'd the Dutch way: Take two quarts of large Oiffers, open and parboil them in their own Liquor : put them into a strainer, and then into a Pipkin,

Ithem, and after that lay the Shells on a Grid-iron, and put two or three of them into a Shell, and there let them broil or flew in their Liquor; and fo fetting them on Plates, fill them with beaten Butter, and

ferve them up.

Differ-Chewits : Take three quarts of large Oifters ready opened, and parboiled in their own Liquor, then wash them in warm Water; dry them, and mince them very fine, feafon them lightly with Salt, Pepper, Cloves, Mace, Cinnamon, Carraway, feeds, fome minced Raisins of the Sun, fliced Dates, Currans, Sugar and half a pint of Whitewine; mingle all together, and put Butter in the bottom of the Pies; fo fill them up and bake them. These must be very fmall Pies, and ten or twelve of them ferved upon a plate together.

Difters to fry: Take of the largest Oisters, wash them, and dry them, and beat an Egg or two very well and dip them in that, and fo fry them, then take their Liquor and put an Anchove to it, and fome Butter, and heat them together over the Fire, and having put your fried Oisters into a Dish, pour the Sauce over them and ferve

them in.

Difters , another way : with fome Mace, Butter, and Take the largest, wash them flices of Onions; then flew in warm Water, then parboil them;

them, and fave the Liquor, and fleep them in Whitewine-Vinegar, fliced Nutmeg, large Mace, whole Pepper, Cloves, a little Salt; and having given them a warm on the Fire, fet them off, and let them fleep two or three Hours; then take them up, and dry them, and dip them in a Batter made of Flower, and the Yolks of Eggs, fome Salt, and Cream, and fo fry them; and when they are fried, keep them warm: then take fome of the Spices, Liquor of the Oifters, and some Butter, beat them up thick, fome flices of Orange, or Yolks of Eggs, and dish the fried Oisters over a Chafingdish of Coals: run the Sauce over them with the Spices, and garnish them with Barberries, and grated Manchet, and then ferve them up.

Difters to Dickle : Take great Oifters, open them and fave their Liquor, then frain it from Drofs, add to it some Whitewine, and Whitewine-Vinegar, a little Salt, and fo let them boil together a while. putting in whole Mace, whole Cloves, whole Pepper, fliced Ginger, and quarter'd Nutmegs, with a few Bay-leaves; when the Liquor is almost boiled enough, put in your Oifters and plump them, then lay them out to cool, then put them into a Gally-pot or Barrel, and when the Liquor is cool pour it over them.

and keep them from the Air.

Difters to Boaft : Take the largest, and Spit them upon little long Sticks, and tye them to the Spit, then lay them down to the Fire, and when they are dry, bafte them with Claret-Wine, and put into your Pan, two Anchoves, and two or three Bayleaves; when you think they are enough, baste them with Butter, and dredg them, and take a little of that Liquor in the Pan, and fome Butter, and beat it in a Porringer, and

pour over them.

Difters to Stew : Take two or three pints of large Oisters, parboil them in their' own Liquor, then wash them in warm Water, wipe them dry, Flower them, and fry them in clarified Butter, very white: then take them up and put them into a large Diff. with Whitewine, a little Vinegar, five ounces of fweet Butter, some grated Nutmeg. large Mace, Salt, and three or four flices of an Orange; Stew them but a little while. and Dish them up on Sippers, pouring on the Sance, and running it over with beaten Butter, garnishing it with fliced Orange or Lemon.

Differ Jelly : Take ten Flounders, two small Pikes, or Plaice, and four ounces of Ifinglass finely cleansed, boil them in an earthen Vessel in two quarts of Spring-water,

and

and as much Whitewine, with fome fliced Ginger, and large Mace; and being bolled to a Jelly. Strain it through a Strainer into a pretty deep Dish, and when it is cold, pare the top and bottom, and put it into a Pipkin with the Juice of fix or feven Lemons to each two quarts of Jelly, also three pound of fine Sugar beaten with the Whites of twelve Eggs. Rub altogether with a Rolling-pin, and put among the Jelly, being meked, but not too hot; fet the Pipkin on the Fire to flew, put into it a grain of Musk, and as much Ambergrease well rubbed, and let it few half an Hour on the Embers: then flew the Oilters in Whitewine, their own Liquor, and the Juice of Oranges, Mace, fliced Nutmeg, whole Pepper, and fome Salt; and having dished them with some preserved Barber ries, large Mace, or Pomegranate kernels . run the Jelly over them, and garnish them with preserved Lemons, large Mace, and preferved Barberries.

Differ- De: Parboil your Oisters, and season them with Pepper, Salt, and Nutmegs, and the Yolks of hard Eggs; and the Pye being made, put a few Currans in the bottom, and lay on the Oisters, with some sliced Dates, Blades of large Mace, sliced Lemon, and Barberries; then put on Butter, and close it up, and

bake it; then liquor it with Butter, Whitewine, and Sugar beat up together.

Or this way: Season them as before, but boil them not; put in two or three Onions cut in quarters, but leave out the Currans, and Sugar, slice a Nutmeg on them, as also hard Eggs must be laid in halves with large Mace, and Barberries; Liquor them as before, only add to the Liquor, Juice of Oranges.

Difter Shells: Take the inward part of the Shell, that is of a shining White, or Pearl colour, and reduce it to pouder by calcining: It easeth Heart-burnings, and the Pains of the Stomach, and Cholick; as also other Pains of the Bowels, proceeding from sharpness of Humour; it chears the Heart, and has almost the Virtue of Pearl.

Dtibes, their Virtues: O. lives are gathered, either that Oil may be extracted out of them, of that they may be referved for Banquets by pickling them in Salt and Water : The Olive hath in it a very restringent Virtue; for the Decoction of the Leaves in a Clyster, stayeth the Flux of the Belly, and the Juice with Whitewine, or fair Water, being often drank, restraineth the Bloody flax: The San distilling out of the Olive-Tree, or that out of the Wood where it is burning, cures the Itch, Tetters, and Ringe

Leuk-Olives , Ring-worms. especially being eaten, provoke Appetite, and get a good Stomach: The Oil exor rather flowing tracted . from them of its own accord, is of fingular Virtue, being either applied outwardly, or inwardly, according to the indisposed Parts of the Body: It loofeth and mollifieth the Belly, abateth the force of Poison taken inwardly; and if any Venom, Burn, Scald, happen on the outward Parts, bath it well with this Oil. It is fo generally approved, that few Oils, Unguents, or Salves, are compounded without it.

Dlibe Bpe : Take Veal or Mutton, and cut it into thin Slices, hack them with the back of your Knife, and foread them abroad, then take Strawberry-leaves, Sorrel, Violer-leaves, Endive, Sage, Savory, Parsley, Spinage, Marjoram, and a little Thyme, mince these small with the Yolks of hard Eggs; add to them half a pound of Currans, Nutmeg, Pepper, Cinamon, Sugar and Salt, some minced Raifins, Goosberries and Dates minced fmall, mingle these together, and strow them on your slices of Mutton or Veal, then rowl them up, and put them into a Pye, lay on the top of them fome Dates, Marrow, large Mace, and Butter, close it up, when baked, liquor it with Verjuice, Sugar and Butter, and

Dleum Magiftrale: Take a quart of the best old Whitewine, Olive-oil three pounds. Hypericon half a pound, Carduus Benedictus, Valerian the least, and Sage, of each four ounces; fleep them in the Wine and Oil twenty four Hours, then boil them in a nealed Pot, or copper Veffel. keeping them ffirring over a gentle Fire, till the Wine is confumed; strain it, and mele in it a pound and half of Venice-Turpentine, then fet it as gain on a fost Fire a quarter of an Hour, add Olibanum five ounces, Myrrh three. Sanguis Draconis one ounce. and make it into an Ointment. It's goodagianftSores, Wounds, Gun-shot, Balfts by GunpowderandPains in the Joints.

Dnion: This is proper to fuch as are afflicted with cold vicious Humours, because they procure Sleep, and help Concoction, prevent fowre Belchings, open Obstructions, force Courses, and the Urin, promote insensible Transpiration; but are not proper to be taken by those that are of colerick Constitutions, because they diffurb their Heads, and cause troublesome Dreams, and offend the Eyes; an old Onion steeped in Water a Night's time, and the Water with a little Honey, given the next Morning, kills the Worms in Children : a large Onion

filled with Venice-Turpentine, and roafted, foftens hard Swellings, laid Plaisterwise; also opens them: a raw Onion, fimped with Salt, draws the Fire out of Burns, or Scalds: and the inward Cloves, under the feveral Coats of a raw Onion, laid to the Gums, ease the Pains of the Tooth-ach.

Dpfate-Plaister to make: Take the great Diachylon four ounces, Quick-filver two ounces, Opium one ounce; mingle them, and make them into a Salve, with a very gentle heat, and apply Plaisters of it to any Part afflicted with Pains

or Aches.

Dpiate for the Cooth ach : Take Camphire two drams, Castor half a dram, Opium one dram; bring these into a pouder, mix them with the Syrup of Gilliflowers, and make an Opiate.

This affwageth the Pains of the Teeth very speedily, and if any of them be rotten, put a very little of it into the hollow Tooth, and leaving it

there, it will ease it:

Danges to Day: Rafp or scrape off their outward Rinds, cut them into halves, and take out their Pulp; lay them in Water three or four Days, then shift them into fresh Water, and boil them tender, thifting them likewife in boiling, to take away their bitternels: When they are tender, take them out, and wipe them with a clean

Cloath, and put to them as much clarified Sugar as will cover them, and let them boil leisurely two Hours: then take them off the Fire. and put them into an earthen Vessel for four Days; then fet them on the Fire again till they be thorough hot : let them drain, and take fresh Sugar, boil it to a Candy height, and put your Oranges to the hot Sugar; which being boiled up, take out the Oranges, and lay them on a Wyre, or Sieve, to dry in a Stove, or Oven, and within ten Days they will be dry, and fit for use. In this manner Lemons are candied.

Dranges and Lemons to Dielerbe : Take the faireft, and cut them in halves, or if you will do them whole, then cut a little hole in the bottom, so that you may take out all the Meat, lay them in Water nine Days, fhift them twice every Day. then boil them in several Waters, till a straw will run through them, then take to every pound of Orange or Lemon, one pound of fine Sugar, and one quart of Water, make your Syrup, and let your Oranges or Lemons boil a while in it, and let them stand five or fix Days in that Syrup, then to every pound put one pound of Sugar more into your Syrup, and boil your Oranges till they be very clear, then take your Oranges out, and boil your

Syrup

Syrup almost to a Candy, and put to them: thus they will have a Rock Candy on them in the Syrup.

in the Syrup.

Dange = Marmalade : Take the fairest Rind Oranges, cut them in halves, and take out the Pulp, boil the Peels tender in fair Water, often thifting, to take out the bitternefs: then take them up, and fqueeze all the Water from them, beat them in a stone Mortar with the Pulp of three or four yellow Pippins; then strain, and boil it with ftirring until it become thick; take it from the Fire and lay it on white Paper, and take as much refined Sugar as the Pulp weighs, put it into a Pan, with as much Rofe-water as will melt it; boil it to a Candy height, and put the Pulp into the Sugar, keeping ftirring till it rifes from the bottom of the Pan: then put it into Boxes and so into a Stove uncovered; and when it is tolerably dried, cover it up for your ufe.

Dranges, a Passe: Take Oranges well coloured, and boil them in Water, shift them six or seven times in the boiling, and put into the first Water a handful of Salt; then beat them in a wooden Bowl, with a wooden Pesse: strain out the Pulp, and take the weight of Sugar equal to them; boil it up to a Candy height, dry it on Plates, and sashion it as you please: And

in this manner you may make Paste of Lemons, or Citrons.

Dianges : The Water of these, besides the pleasantness of the Fruit, and other Advantages that arise from them, being diffilled in an Alembick, by paring the Oranges, and putting the Peels into a convenient quantity of low Wines, or Spirits, is not only excellent in Scent, and may be fprinted as a Perfume to give a fragrancy to what you pleafe to asperte it on, but is very good in pestilential Fevers: It ffrengthens the Heart and the Brain. Three or four spoonfuls taken going to Bed, caufes likewife a gentle breath-The Juice of ing Sweat. Oranges is cold, and therefore refifteth. Corruption, and is given with a litttle Sugar, fuccessfully to cool and temperate the Blood in Fevers and hot Difeafes.

Drangato Dre: You must make a handsome thin Cossia, with hot buttered Paste, then slice your Orangado and put over the bottom thereof; quarter some Pippins, and cut them in halve; so that it may be cut in eight parts, and lay them over your Orangado; then put on more Orangado on the top of them, and pour on them some Syrup of Orangado, and Sugar on the top, so close your Pye, when it is baked, scrape on Sugar,

and ferve it up.

Depin: This kind of Herb is vulnerary and aftringent, and is chiefly used for healing Ulcers of the Bowels, occasioned by the Bloody flux, also for Ruptures and Burns. Tis held excellent in easing Pains both in fresh Wounds, and old Ulcers. The Herb roasted on Embers, and mixed with Hogs-Lard, cures a Fellon.

Officcolla : This is a kind of a Stone found in Saxony, Silefia, &c. and grows in the Sand like a Coral. It is of a glutinous Quality, and therefore of excellent use for binding and knitting broken Bones, immediately breeding Matter for a Callus, and thereby hastening the Conglutina-The Dose, in subtil tion. Pouder, is from one to two drams in any convenient Liquor, and outwardly to be applied to the Place in a Cataplasm, or Emplaster. Aldro vandus affirmeth, That broken Bones being rightly placed, and tyed up, it heals them, being used outwardly with a mixture of the Oil of Cranes Bill, and inwardly with red Wine. It dries and binds without Acrimony, and is good against Poison and the Plague.

Duzle, its Dung: Half an ounce of the Dung of the Ouzle, or Black-Bird, mixed with two ounces of the Juice of Lemons, and a dram of the Pouder of Camphire, and

applied to the Face, or Hands, takes away Freckles, Lentils, and other Deformities of the Skin. The Flesh of this Bird frequently eaten, wonderfully restores Consumptive People, and gives ease to the Cholick Pains, and is held to be prevalent against the Dysentery, and Insection of the Plague, especially the raw Flesh being applied to the Sore, draws out the Poilon.

Drgall to Beautifie: Of this an excellent Cosmetick is made in the following man-

ner :

Take four pints of the Galls of an Ox digested twenty four Hours in Balneo Mariæ; Roach Allom, Nitre poudered, of each one dram; mix them well, and put them into a Matrass, stop it carefully, and expose it in May, to the heat of the Sun, shaking it four or five times a Day; then filter the Materials, and in the filtered Liquor put two ounces of Porcellane poudered very fine, and diffolved in the Spirit of Vinegar; Borax and Sperma Ceti, of each an ounce; fweet Sublimate, and Camphire, of each three drams; then expose them to the Sun again ten Days, often shaking the Ingredients: then filter the Liquor, and keep it for its proper use.

A Tincture of Ox Galls thus made, is much better: Take Ox Galls as many as you please, put them into broad Earthen

Pans,

Pans, and dry them very well either in a Sand heat, or in the heat of the Sun, which being perfectly dryed, reduce them into a fine pouder: Take of this pouder four ounces: Choice Brandy two quarts; mix, digeft twelve or fourteen days, and extract a Tincture, which decant, and keep for ufe. It is a fingular good thing against Worms in the Face and Skin, Cankers in the Mouth and Gums, Pimples, Scurff, Morphew, Freckles, Tanning with Wind and Air, Sun-burnings, or any other Deformities of the Cutis; bath or anoint therewith Morning and Evening, if you can conveniently, otherwise every Evening; and before you use it, be sure that the Sore or Skin be made very clean and pure, and well washed with Warm Water, for a pretty while, thereby to open the Pores, that the Medicine may thereby the better penetrate and take place. This Tin-Eture is good alfo, against Pains, Aches, Numbedness, Weakness, Convulsions, Cramps, Palsies, Gouts; happening in what part of the body foever.

Dr, fee Bullock.

Drymel Dimple: Take of the best Honey four ounces, of Spring-water, a pound, or pint; boil them till half the Water be confirmed, then pour them into a pint of Whitewine-Vinegar, and let them boil to the thickness of a Syrup, and take about half an ounce at a time. extenuates gross Humours, and carries away flimy Matter. opens old Stoppages, Obstructions of the Lungs, with Flegm, and what Caufes arife from thortness of Breath.

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Bin of the Bladder: TakePennyroyal and Spicknard of each a little quantity, bruife them, and putting them into a little Bag, apply it warm, as near as you can, to the Place grieved; at the fame time drinking about a quarter

Horehound, boiled in a like quantity of Wine and Water.

Dains in the Loins: Take of fulphur Vive, half an ounce, beat it into Pouder, mix it with an ounce of Hogs-lard, and two drams of Opium, add a little Wheatof a pint of the Decoction of flou, and make them into a

Plaister, or Ointment, with a little Wine over a gentle Fire, and apply it warm to the Place grieved, often renew-

ing it.

Dancakes: Take twenty Eggs with half the Whites, beat them well, mix them with fine Flour and beaten Spice, a little Salt, Sack, Ale, and a little Yeast, do not make your Batter too thin, then beat it well, and let it stand a little while to rise, then fry them with sweet Lard or Butter, and serve them in with the Juice of Orange and Sugar.

Pancakes another: Take one quart of Cream, eight Yolks of Eggs, a Nutmeg grated small, and all well hearen together, then half, a pound of Butter, melted with some Flour, then heat all well together again, clean your Pan, put some Butter in only the first time, and so fry

them.

Make twelve or twenty of them in a little Frying pan, no bigger than a Saucer, then boil them in Lard, and they will look yellow as Gold, and

eat very well.

Dannabo to Make: Take a quart of Spring-water, and put it on the Fire in a Skillet, then cut a Penny white-Loaf in flices, about the bighess of a Sixpence, and as thin as a Wafer, and lay it on a Dish placed on a Cha-

fingdish of Coals; then put it into the Water with a handful of clean pick'd Currans, and a little large Mace: and being boiled to a sufficient thickness, season it with a little fine Sugar beat well and dissolved in Rose-water

Darritoge: If old hath a white Bill, and blewish Leg; but if young; a blackish Bill, and a yellowish Leg; if new a fast firm Vent; but if stale, a green Vent, and will peel if you touch the Vent hard with your Finger. Partridges are fed with Wheat, or fresh Cheese Curds and Milk to drink; you must keep them very warm with dry straw, and keep the cold from them, for if they are kept cold and dirty, they will not thrive but

fall away and die.

Barfly: It hath many Properties in Physick, as well as for Kitchen uses, viz. the Decoction of the Leaves, or Roots thereof, openeth the urinary Passages, bringeth away Sand and Gravel, eafeth Cholick, and the Pains in the Reins, being used in the nature of a Fomentation upon the grieved Parts: And the Seed is of the greatest Virtue in those Matters; it voideth Windiness in the Bowels, and is good in the Biting of any venomous Creature. The of-ten eating of Parfly, or drinking the Juice of it, fwetens the Breath. Being bruifed with the Crumbs of fine WhiteWhite-bread, and applyed, it healeth Tetters, and Ringworms, and affwageth the Swelling of the Dugs. It diminishes the Milk of Wo-

men in Child bed.

Parfley-Mater : This muft be distilled from the Leaf, Root, and Stalks , in Balneo Maria, being gathered in the beginning of the Spring. It Actenuates, Opens, Cleanses, and is Hepatick and Diuretick; insomuch that many allow it to cure all Pains and Effects of the Stone, where the Party frequently and freely drinks of the Water; but this is certain, that being exceeding Diuretick, it nevertheless forces without Pain, and makes the Urin come freely from those that have had Obstructions for many Years; and, in some, it has brought away, the Urin with ease, after it had been totally obstructed for many Days. It may be taken from fix ounces, sweetned withWhiteSugar-candy, or alone, to eight, or you may add to it ten or twelve grains of Salt of Tartar, or what other Diureticks you think convenient.

Pafte to Make: Take to a Peck of fine Flour, three pound of Butter, three Eggs, a little cold Cream, and work them well together, but do not break your Butter too fmall, and it will be a very fine Crust, either to bake Meat in, or Fruit, or what elfe you pleafe. It is a very fine Dumplin, if you make it into good big Rolls, boil, and But-

ter them, or roul some of it out thin, and put a great Apple therein, and boil and butter them, with Rose-Water.

Butter, and Sugar.

Dafte another : Take to a Peck of Flour, two pound of Butter, and a little tried Suet, let them boil with a little Water or Milk, then put two Eggs into your Flour, and put in the top of your boiling Liquor, and fo much of the rest as will make it into a stiff Paste, then lay it into a warm Cloth to rife.

Pafte for cold baked Deats: Take to every Peck of Flour, one pound of Butter, or a little more, with hot Liquor as the other, and put a little dissolved Ising-glass in it, (do not forget Salt in your Paste) and work these Pastes made with hot Liquor, much more

than the other.

Paltieswith (meet Beats to fry: Make some Paste with cold Water, Butter, and Flour, with the Yolk of an Egg, then roul it out in little thin Cakes, and lay one spoon full of any kind of fweet Meats you like best upon every one, fo close them up and fry them with Butter, and ferve them in with fine Sugar strowed.

Dafte of Dippins: Take a pound of raw Pippins fliced and beaten in a Mortar, then take a pound of fine Sugar, and boil it to a Candy height, with a little fair Wa-

ter,

ter, then put in your Pippins, and boil it till it will come from the bortom of the Pofner, and stir it for fear it burn.

Dafte of Apricocks ; Take the ripest Apricocks, pare them very thin, and fet them in a Preserving-pan over a gentle Fire, with as much Water as will keep the bottom of the Pan moift; then break them, and ffir them about with a Skimmer, fuffering it to frand till the moifture confume, and they come to fomething of a driness: then with Sugar boil them to the thickness of a Conferve; and fo, by continuing longer, it will become stiff in order to a Paste.

Daste of Cherries: Boil some of the ripest Cherries till they are reduced to a soft Pulp, then strain them through a coarse Cloath, or hair Bag, and boil a fourth quantity of Pippins, not over-ripe, till they are very soft, then take away the Core and Rind, and mash them into Pulp: add to these an ounce of sine Sugar to every pound, spread it then on Plates, and fashioning it as you please, let it dry for your use.

Passe to Scower the Bands: Take the Husks of Bitter Almonds half a pound, bruise them in a marble Mortar, sprinkling on them a little Salt and Aquavitæ, then add two Yolks of Eggs, and

Narbone Honey one ounce and half; Orris-roots, finely poudered, one ounce; mix and mould them well together, and make them into a Paste, and use it as you see occasion.

This is excellent to cleanfe the Hands, and is easily prepared: There is little occasion for wetting it in Water; for it may be used as it is prepared, if you let it not dry too much.

Peaches to Preferbe : Take your Peaches when you may prick a hole through them, scald them in fair Water, rub the fur off them with your Thumb, then put them in another warm Water, over a flow Fire, and cover them till they be green, then take their weight in fine Sugar and a little Water, boil it, and fcum it, then put in your Peaches, and boil them till they are clear, fo you may do green Plumbs or Apricocks.

Dear De: Take Wardens, or other hard Winter Pears, bake them with a little Water, and a good quantity of Sugar, in a Pot covered with a Lid of Dough. Let them not be fully baked e're you draw them; then quarter them, taking off the Rind and Core, raise a Cossin of Paste, and between every laying scatter a few Cloves, Cinnamon, and candied Orangepeel cut small; and putting in

the Liquor that iffued from them in the Pot, let them bake to a fitness.

Bear - 19 pe, another : Bake your Pears first in an Oven, either upon the Stone, or in a Pot; peel and core them, put them in halves into your Coffin, with some flices of Quinces between them, and the shaving of Lemon-peel, some whole Cloves, Cinnamon, and Sugar; and when baked, raife the Lid on one fide, and put into it some Cinnamon Pouder, heaten up with Sugar and Rosewater, and so serve it to the Table, either hot or cold,

as you pleafe. Bear-Budding: Take a cold Capon, or one half roasted, which is the best of the two; then shred some Suet very small, as also the Meat taken off the Bones, with half as much grated Bread, and two spoonfuls of Flour, beaten Nutmegs, Mace, Cloves, and Sugar, as much as will feafon it, half a pound of Currans, the Yolks of two Eggs, fix Pears, the Pulp of them, and as much Cream as will make it up into a kind of a Paste; then make it up into the fashion of a Pear, stick a piece of Cinnamon for the Stalk. and for the Head a Clove.

Pears of Pippins to Dip, Take the fair fet, lay them in fweet Wort, two or three Days, then lay then in a broad PrefervingPan of Earth, and bake them, but let the Oven be but gently hot, then lay them upon a Lattice Sieve, and fer them into a warm Oven , and turn twice a day till they are

dry.

Pearls to Whiten: Take half an ounce of Bean-flour, Lime, and Eggs an ounce, white Salt a pound, Water of Confound, Alcohol of Wine eleven ounces; distill the Water; and if you wash solid or clouded Pearls in it, it will restore them to their native Lustre.

Dectoral Dills for the Lungs: Take Tears of Storax two drams, Juice of Spanish Licorice a dram and half; Tincture of Saffron four scruples, Labdanum, Olibanum, Myrrh, and Extract of Opium, of each a dram; Ambergreafe a scruple, Syrup of Citron-peels, as much as fuffices to make a mals for Pills.

These Pills stop Defluxions on the Lungs, and affwage Coughing. The Dose to be taken, is five or fix grains at

Night.

Depper hoil'd in Whitewine is good against the Ague, and in most cold Diseases. but is more commonly used in feafoning Meats, than in Physick; and indeed is more proper in the general to that purpose, by reason is driness qualifies the moissure that ever abounds in many Meats, and causes it to digest kindly in the Stomach. Perfumes :

Ambergreale, and Civet each two grains, a little Sugar beaten fine, mould them up together with Gum Dragon freeped in Rose-water, make them in little Cakes, and dry them.

Derfames to Burn: Take three ounces of Benjamin, lay it all Night in Damask Rofe Buds, clean cut from the White, beat them very fine in a Stone Mortar, till it come to a Paste, then take it out and mix it with a dram of Musk finely beaten, as much Civet, mould them up with a little searced Sugar, and dry them very well and keep them to Burn, one at a time is sufficient.

Derfumed Cakes : Take Benjamin four ounces, Sto-Fax two ounces, Laudanum a dram, Cloves, in number, twelve, Calamus Aromaticus a dram, and a little Citronpeel; Takea new glazed earthen Pot, and boil the Benjamin and Storax in it in half a pint of Rose-water for an Hour, if the moisture holds Jong, without being evaporared, then put in the rest of the Materials mention'd in a little Linen Bag, adding more Rose water: and when they have boiled a while, take them off, and strain them through a Linen Cloath : and fo foon as cold, there will be a curious perfumed Pafte.

Derfumes for Confections:
Take of Myrrh a scruple,
Musk, or Civet, the like quantity, Oil of Nutmegs as much,
infuse them in Rose-water,
and with it, when well dissolved, sprinkle your Confections, or Sweet-meats, and they
will have a curious pleasant
Scent, which will likewise
add much to the flavour in
the Tasts.

Perfumes of flowers , Extract, through a Retort. after the manner of Aquafortis, the Spirit of Saltpetre, or common Salt, and keep it close stopped in a Bottle; then take what quantity of Violets, Roses, or other Flowers you will, and put into an Alembick with an ounce of the Spirit of the faid Salt, a pint of Spring-water, and to proportionably till the Alembick be full, and let them infuse twenty four Hours till you fee the Water well coloured, which pour out by inclination into another Glass, and it will carry with it the colour and fmell of the Flowers infused, though it leaves the Flowers fresh, as if they had been newly gathered.

Perfumed Douber: Take Florence-Orris a pound, dried Roses a pound, Benjamin two ounces, Storax one ounce, Cloves two drams, yellow Saunders an ounce and a half, Cloves two drams, a little Citron-peel; beat all to fine Pouder, in a Mortar: put to

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this twenty pound of Starch, or Rice, ground; mix it well, and finely fifting it, keep it very dry for use, and it will prove an excellent perfuming Pouder.

Derfumed Math-Balls : Take what quantity of Musk you pleafe, diffolve them in fweet compounded Water; then take about the quantity of one Wash-ball of the Composition, and mix it together in a Mortar; then mix and incorporate them with your Pafte; and making them up into Balls they will all of them retain a curious perfumed Scent.

Perfumed-Mater : Take Calamint, Storax, Benjamin, Cloves, and Mastick, beat them well together, and put them into Aqua vitæ, or the Spirit of Wine in a glass Viol, and when the Liquid is changed to a red colour, infuse in it a grain of Musk, strain it, and keep it for

ufe.

Pericarpium foz Agues : This, especially for the Tertian-Ague, has been often tried with good Succeis, viz. Take a handful of Rhue, new. ly gathered, half a handful of Sage, Tobacco three ounces, a spoonful of Bay-salt, and a spoonful of good Vinegar; beat all thefe well together into an uniform Mais, which must be divided into two parts, and make thereof two Wrist-plaisters, to be ap-

plied at the usual time before the coming of the Fit, and to be renewed, as occasion requires, till they grow dry

and troublesome.

Pheasants: A Cock, if young, has a fhort Spur, but if old a small sharp Spur; fee it be not cut or pared, if fat it has a fat Vein on the fide. of the Breaft under the Wing, if new a fast firm Vent, if stale kill'd, a green Vent, if you do touch it hard with your Finger, it will peel. Hen if young hath a smooth Leg, and a fine fmooth grain on the Flesh, if old, it hath a rugged wrinkled grain upon the Flesh of it, and full of Hairs, like an old Yard Hen: if the be full of Eggs fhe will have a faft but open Vent, if not full of Eggs a close Vent. A Pout hath a fine fmooth Leg, and a smooth grain upon the Flesh of it. but if green in the Vent, or dry footed, think it is Stale killed, but if limber footed. and white in the Vent, then the is new killed.

Dhthiffch , a Remedy : Bruife a handful of Bettonyleaves, put to them half a pound of Honey, half an ounce of Licorice - pouder . and Pine-Apple-kernels that have been boiled in Whitewine bruifed fmall: make these into an Electuary, and let the Party take about a quarter of an ounce at a

time.

Some for this have only eaten the Lungs and Heart of a wild Goofe boiled with Hysfop, and have found great ease by it; yet I cannot but recommend the former to be the more effectual in the Cure.

Dickled Difters : Take about a quart of the largest Stewing Oisters, with the Liquor that comes from them, wash them clean, and wipe them; put to them a pint of fair Water, half a pint of Whitewine-Vinegar, and half an ounce of whole Pepper, a handful of Salt, and a quarter of an ounce of large Mace: put Liquor, and all togerher, into an earthen Pot over a foft Fire, let them fimper, but not boil, about a quarter of an Hour; then take them up, and put them into a little Vinegar, and Whitewine, till they are cold, and then put them into the Pickle they were boiled with. and Pot 'em up close for your

Dig to Diefs: To do this the French way, which is highly approved, The Pig being scalded and drawn, spirit, and lay it to the Fire; and when it is thoroughly hot, take off the Skin, cut it off the Spit, and divide it into twelve pieces: then take Whitewine and strong Broth, and stew it therein with an Onion or two minced very small, as also some stript

Thyme, Pepper, grated Nutmeg, and two or three Anchoves, fome elder Vinegar, Butter, and Gravy, beat up well together: dish it up with the Liquor it was stewed in, lay Slices of brench Bread under it, garnished with Oranges and Lemons under and

upon it.

Dig to Diels, another ways: Scald, draw, and wash it clean, put a Crust of Bread and some Sage in the Belly, prick it up, and fpit it, roaft it, and bast it with Butter, then falt it; and being roafted fine and crifp, make Sauce with chopt Sage, Currans, a little grated Nutmeg boil'd up in fair Water and Vinegar: then add a little grated Bread, the Brains, fome Barberries, and Sugar : give thefe a warm or two with good flirring, and adding a little beaten Butter, divide the Pig's Body, and Head; take off the Ears, place them on the Shoulders, and fo ferve it up: Or, this way,

Mince fome fweet Herbs, as Sage, and Pennyroyal, rowl them up in Balls, with fome Butter, and prick them in the Pig's Belly; roaft him: and being roafted, make Sauce with fome Butter, Vinegar, the Brains, and fome Barberries, and ferve it up:

Young Pig, and boil it in fair Water and Whitewine, a quart of the latter to a gallon

of the former, put to it a ! dozen Bay-leaves, Ginger fliced, and Nurmegs quartered, and half an ounce of whole Cloves; let it be boiled tender: then take it out, and lay it a cooling; which done, put the Liquor it was. boiled in, into a Tray, or Pan, and put it in, fo that it may lie covered, adding only a little Salt, and Whitewine-Vinegar; and in this manner it will keep a long time.

Dia-Dye, Court fashion : Take off the Skin of a young Pig, and cut it into quarters, feason it with Pepper, Ginger, and Salt, finely beat and mixed, lay it in a Coffin of Paste made in the fashion of a Pig, shred a handful of Parfley, and about fix Sprigs of Winter-Savory; strew this over the Meat, and on that the Yolks of two or three Eggs, hard boiled and grated fmall; upon that a few Blades of Mace, and fome Bunches of Barberries, a handful of Currans washed and picked, and half a handful of fine Sugar, half a pound of sweet Butter spread thin, so close it, and let it foak in an Oven not over-heated, about threehours; then beat up a pound of Butter, with a little Sugar, pour it into it, and ferve it up with a little Sugar scraped over the Lid.

Digeon- Dye: To order and feafon this, Take an ounce

of finely beaten Pepper to a dozen of Pigeons; put Butter rouled up in Balls, with a little fine shred Parsley, into the Belly of your Pigeons, and two pound of Butter is fufficient for the whole Pye, where in are only a dozen of Pigeons, sprinkling them likewife. with a little Salt, before you

close up the Coffin.

Digeon-Water: To make an excellent Cosmetick, Take this way, Gut two young Pigeons, and cut them in pieces: The Whites of twelve Eggs, and the Juice of four macerate them Lemons: twelve Hours in three quarts of Goats Milk, then ciftill them in Balneo Mariæ. the distilled Water, put Borax, Camphire, Sugar-Candy, burnt Alom, of each three drams; fet them in a Glass in the Sun, three Days, then fifteen Days in a cool Cellar: filter the Water, and keep it for use.

This Imooths, beautifies. and wonderfully preferves the Complexions, if the Face. Hands, or other parts be washed with it twice a Day.

Digeon-Mater, another: Take Strawberries a pound and a half, Flours of Lilies. and Beans, of each half, a pound; Roach Allom; two ounces, Sal Gemmæ, Nitre, Verdigreafe, of each two drams infuse them fifreen days in Malmfey-Wine, Narbone Honey, Whirewine-Vinegar,

Vinegar, of each a pint : distill them in a moderate Sand Bath, and keep the Water as very rare and excellent to take away Freckles, or Morphew, from the Face, if you dip Linen in it, and lay it on the place going to Bed, and wash it off the next morning with Water of Lilies.

Dibe to Botl : Take as much Whitewine and Water as will cover it : fet the Liquor to boil, cleanfe the Civer, and trus him in a round Ring, fcotch him on the back, and when the Liquor boils, put him in, and make under it a quick Fire; - being boiled enough, take him up, and for Sauce, take Whitewine-Vi-negar, Mace, whole Pepper, a handful of Cockles, or Oyfters boiled, or fryed, fweet Herbs, finely shred, and the Liver of the Fish minced, and scrape in a little Horseradish: these being boiled together, dish up the Pike on Sippers, and beat up the Sauce with fweet Butter and minced Lemon, garnishing with fliced Oranges or Lemons.

Bike 2520il'D: Split it, and fcotch it with your Knife, on the out-fides, as you do a Herring; then Salt it, and having the Gridiron very hot, lay it on a clear Fire, baff it with Butter, and turn it often, and being broiled fliff and crifp, ferve it up with beaten Butter, Juice of Lemons, and Wine-Vinegar,

garnish'd with slices of .Oranges or Lemons, and the tops

of Rosemary.

Dibe to fry: Cleanfe it well from the flime and blood, dry it, and flouring it, roul it round in your Pan, or flit it, and fry it pretty crifp with fweet Butter; then for Sauce, beat up Butter, Claret, Oyster-Liquor, Nutmeg, Salt, and garnish it with fliced Oranges, Lemons, Barberries, and fryed Parsley.

Dike Bath'd: Bone and scale it : then mince it with good fresh Eel; then put in some sweet Herbs finely minced, and stripped Mace. Ginger, beaten Nutmeg, Pepper, and Salt, stew it in a Dish with a little Whitewine and fweet Butter; and when it is stewed sufficiently, ferve it on fine carved Sippets, and lay on some large stewed Oy-Hers, some fryed in Batter, others green with the Juvce of Spinage, others yellow with Saffron; garnish the Dish with them, and run it over with beaten Butter.

Wike to Boaft : Scrape him well, and take out the Entrails, lard the back with Pickle Herring: then take Claret-wine and large Oysters, and having feafoned the Oysters with Pepper, and Nutmeg, fluff the Pike's Belly with them, intermix'd with Rosemary, Thyme, Winterfavory, fweet Marjoram, and fome flices of an Onion;

then

then fow up the Belly, and with two flat sticks about the breadth of a Lath, bolfter up the fides of the Pike; then baft him with Butter and Claret-wine, beat up together, having tyed Rosemary and Bays to keep off the heat coming too much where the Laths do not defend it from the fcorching; and when it is wasted, or roasted, take it off, and take out what is in the Belly of it, and with what has dropt from it, some beaten Butter, and Claret, Difh

it up. Dike Douced : Draw it, and wash it clean from the blood and flime, and then boil it in Water and Salt, putting it in when the Liquor boils up, and fuffering it to boil leifurely, feafon it well with Salt, but beware you boil it not to much, nor in more Water than what will just cover it; and if you defign to keep it long in the Souce, you must put as much Whitewine as Water, with fome Wine, Vinegar, flices of Ginger, large Mace and Cloves, when the Wine, Vinegar and Water boil, adding a little Lemon-peel, boiling it up quick, but not too much: then pour on the Liquor, and cover it up close, and when you ferve it in Jelly, dish and melt some of the. and run it all over : Jelly .

and when you serve it up, you may lay round the Difh, divers small Fishes, as Bleak, Dace, Gudgeons, Roach, on the like, for the greater setting off, and Ornament.

way: Take your Pike, splat it, and lay it in a Dish, and when the blood is washed out, put to it as much Whitewine as will cover it, and set it a stewing; and when it boils, put in the Fish, and scumm it; then put in some large Mace, whole Cinamon and Salt, and being well stewed, dish it up on Sippets finely carved.

Then thicken the Broth with two or three Yolks of Eggs, fome thick Cream, Sugar, and beaten Butter; give it a warm, and pour it on the Pike with fome boiled Currans, and boiled Prunes, layed all over it; as likewife fome Mace, Cinamon, and Bunches of Barberries, and fliced Lemon; garnish with the fame, and fcrape on fine Sugar. In this manner you may flew Carp, Bream , Chevin, Roach, Gurnet, Tench, Barbel, Conger, Gurnet, Dace, Pearch, or Mullet.

it up quick, but not too much: then pour on the Liquor, and cover it up close, and when you serve it in Jelly, dish and melt some of the Jelly, and run it all over: Pikes the Brawn or collared garnish it with Bunches of Barberries, and sliced Lemon, posture; then put them in a

clean

clean Cloth, and boil them in Water, Whitewine, and Salt, with the Spice; observing always, that the Pot boils before you put them in; keep it scummed, and add some large Mace, and flices of Ginger; If you only intend to fouce them, boil them not down so much; but if they are to be Jellied, pur to them fome Ifinglass, and serve them up in the Collars, standing in the Jelly: and thus you may do with Eels, Tench, Salmon, Conger, &c.

Dite, and Wihite-2020th: Here the Pike must be cut into three equal pieces, and boiled in Water, seasoned in a little Salt. and fweet Herbs when it boils, beat in the Yolks of fix Eggs, with a little Sack and Sugar, melted Butter, and some of the Broth: then dish the Pike. putting the Head and Tail together, cleave the middle piece in two, and take out the Back-bone, put one piece on the one fide, the other on the other; blanch all, pour the Broth on, and garnish it with Sippets, fine Sugar, or Ginger, and ferve it up.

Bills Diureticke: Take Chios Turpentine, and white Vitriol finely poudered; mix them into a mass, and make Pills of them exceeding small.

The vomitive quality of the Vitriol, being corrected by the Turpentine, the Pills work good Effects, especially in all difficulties of making Water, being given from half a dram to a dram.

Dills for the Dropsie: Take Elaterium, and Extract of Aloes prepared, with the Juice of the Roots of blew Flower-de-luce, of each half an ounce; choice Mastick made into Pouder two drams; make them up into Pills, according to Art, as small as is convenient.

ThesePills powerfully purge Hydropick-Waters; they are to be taken in a Morning fasting, from fix to twelve, or fifteen grains, using them as often as octasion requires.

Dills for the Brein-Sicknels: Take Extract of Mars,
one ounce; Aloes Succotrine,
prepared with the Juice of
Succory, fix drams; Extract
of Rheubarb half an ounce,
Saffron two drams, distilled
Oil of Cinnamon fix drops;
mix them to a mass, and so
make small Pills of them.

These Pills cure the Greenfickness in young Virgins, the Party so grieved taking a scruple at a time in a Morning fasting, and drinking after them two or three ounces of Wormwood-wine, and walking after that about an Hour, for several Mornings together.

Dills for the Stomach: Take Juyce of Licorice, two drams and a half, Tears of Storax two drams, distilled

Oil

Oil of Cinamon fix drops, Saffron four scruples, Labdanum, Olibanum, choice Myrrh, and Extract of Opium, of each one dram; Syrup of Citron-peel, as much as suffices to make them into a Mass, and so into Pills.

These are excellent to stay Destuxions that fall upon the Lungs, and to asswage the violence of Coughs. The Dose is from five or six to

eight or ten grains.

Pills Uniberfal : Take Aloes, Cambogia, of each two ounces; make them into a groß pouder, and dissolve it in a small quantity of a strong Decoction of Colocynthis, over a gentle Fire, and evaporate till the Mass is of the thickness of a foft Extract : to which add Scammony, Sal Nitre, both in very fine pouder, of each two ounces: mix and make a mass of Pills. This is one of the best Medicines in the World for a general Purger, for it Purges briskly and nimbly all Humours, and carries every kind of Defilement out of the Body, performing more in one fingle Dose, than most other purging Medicines will do in Five. It kills Worms in Children to a Miracle, beyond any other ordinary thing of ordinary use, and brings them away many times burft. It cures the Pains and Weakness of the Stomach, cleanfes it and causes a good Appetite. It is a fingular cure for the Dropfie, beyond most other Me-

dicines, and prevails against the Scurvy, Jaundice, Gout, Stone, Rheumatism, and other flubborn and rebellious Disenses, not easy so be removed ; it opens all forts of Obstructions in the Liver, Spleen, Reins, Womb, and Bowels; belps the Cachexia and Green-sickness, and causes a good colour in the Face. from a scraple or twenty grains to half a dram, or thirty grains in the Morning fasting, Observations as in other Purges. To Children you may give from 8 grains to fixteen or twenty according to their Age and Strength, they work nimbly downwards. and not upwards, unless the Stomach is very foul.

Wimpernel : Of this there are three forts, the one groweth very great, and hath long Roots; the other fort is little. the third bears red Flowers. and grows in most Gardens: the Roots of the two first, in which confifts their main Virtue, boiled in Whitewine. are very good for Pains in the Reins and Bladder, caufed by the Stone: for it driveth out Gravel, and the long retained Urine. The Juice of the Root drank in Whitewine. is good against all Poisons, or infectious Airs, and the Biting of venomous Creatures: It is used with success in the Plague, the Root being stamped and laid to the Sore. for the third fort, though lite tle differing in likeness, yet in-Virtue it does from the two

former :

former ; for it is more reffringent in Taft, and very nourishing; for which cause it may be thought to be of a binding nature: wherefore it stayeth the Dysentery, and other Fluxes and Vomitings proceeding from colerick Humours, or Caufes, it heals Wounds and Ulcers, and is of special use in Ointments that are made for Wounds in the Head, and for Cankers : Some Physicians have much commended it in the Cure of peffilential and contagious Fevers, concluding that the often drinking the Juice of it in Wine, or other convenient Liquors, is a foveraign Prefervative against the power of those dangerous Difeates.

Prippins to Dzy: When Houshold Bread is drawn, then set in a Dish full of Pippins, about six Hours after take them out and lay them in several Dishes one by one, and slat them with your Hand a little, do so twice a Day, and still fet them in a warm Oven every time till they are dry enough; then lay them into Boxes with Papers be-

tween every lay.

Dlague to Preserve from:
Take Barberries, when they are ripe, steep them in warm Water, that the Husks, or outward Skin may come off; then dry them that they may be beaten to Pouder with a little Salt, and when you find your felf somewhat discom.

posed by the effects of ill Airs, hot or feverish, mix this Pouder with strong Vinegar, about two drams, in half a quarter of a pint, and drink it up warm, and keep your self warm also, that you may sweat upon it; but if you find your self under such apprehensions, shivering with Cold, you must take the Powder in strong Wine.

Plague-Dickness: Take a Viol, or some other Glass, and fill it to the third part with Venice-Treacle, the other third part with Brandy, or Spirit of Wine : mix these well together by shaking, and take Morning and Evening half an ounce in two ounces of Mint, Rhue, or Baum-wa-

ter.

But of all others in this contagious Distemper, this occurs as a very much appro-

ved Remedy, viz.

Take Wallnuts when the green Husk is on them, and before the Shell is hardned underneath; put them, when bruised, to steep in Whitewine eight Days: then with some Baum, Rhue, and Tops of Fetherfew, and Worm-wood a little bruised, put them into an Alembick, and diffil them; then when you drink an ounce and a half of the Water, which you may do Morning, Noon, and Night, put into it some perfumed Comfits, and ftir them well about till they are diffolved. Ptague:

Plague - Dote to Break : Take Bay-fair, Rye-meal, and the Yolks of Eggs as many as will make them into a Paft; then spread it on a piece of Leather, and apply it to the Sore, or Carbuncle, and it will draw the Poison to a centre, fo that the Sore will ripen : and being broke, the Infection will come away: to expedite the Cure of which, when it is broke, put the Rump of a live Chicken to the Mouth of the Sore, fo that its vent may be placed on it, and it will draw the Infection into the Body of the Chicken, infomuch that in a short time it will dve, and so will one or two more, if the Infection be great; but when they cease to do so, it is a fign the Poison is exhaufled, and the Party in a very fair way of recovering Health.

Take Plaque = Mater : three pints of Muscadine, boil therein one handful of Sage, another of Rice, till a pint be wasted, then strain it out, and fet it over the Fire again, put to it a Pennyworth of long. Pepper, half an ounce of Ginger, a quarter of an ounce of Nutmegs, all beaten together, boil them together a little while close covered, then put to it a Pennyworth of Mithridate, two Penny-worth of Venice-Treacle, a Quarter of a pint pentine, Labdanum, and

spoonful at a time Morning and Evening, always warm, if they be difeafed, if not once a Day is enough all the Plague time. It is a most excellent Medicine, and never faileth, if taken before the with the Disease, it is also good for the Small pox, Mea-

fles or Sur eits.

Plaister fat Wintles : Take Oil of Ofives fix ounces, yellow Bees-wax an onnce and half, Ammoniacum and Bdellium, of each half an ounce; Galbanum, Opopanax, Oil of Bays. Lapis Calaminaris, both the Birth-worts. Myrrh, and Frankincense, of each two drams; Turpentine an ounce, Litharge of Gold poudered four ounces: boil the Oil and Litharge together. keeping them ffirring, and when it will not flick to your Fingers take it from the Fire. and melt the Wax into it, add the Turpentine with the Gums, afterward the Pouders; and being cold, pur in the Oil of Bays and Frankincense, and make it into a Plaister.

This Paracelfian Plaister is good for Bruiles, and all manner of Aches, or Pains whatfoever, and being applyed, is ffrengthens weak Limbs.

Platitet for the Bead : Take two ounces of Rolin, Stone-pitch an ounce, Turof Angelica-Water : Take a Pidgeons Dung, of each half

an ounce; Gum of Juniper, Nutmegs, of each two drams: dissolve the Turpentine with the Labdanum, in a hot Mortar, and mingle the rest, so that it may be made into a Plaister; and if any Cause requires it to be stronger, add the Pouder of Euphorbium, Pellitory of Spain, and black Pepper, of each two scruples.

This wonderfully strengthens the Head, and eases the Pairs of it, the Grown being shaved, and it applied Plaisterwise to it, as also to the Temples. Though upon many occasions, it is applied to the Soles of the Feet to draw down the Vapours that afflict the Brain

Plaister of Matick: Take three ounces of Mastick. Bole - Armoniack one ounce and half, Catechu, Myrtle-berries, of each half an ounce, Turpentine, Colophony, Tacamahaca, and Labdanum, of each two ounces; Oil of Myrtle four ounces; Bees-The wax a pound. things that are to be poudered, pouder a part, melt the Wax and the Oil together, and take it from the Fire, and add the Turpentine, and afterward the Catechu and Bole-Armoniack, being finely poudered; order the Mastick in like manner, and so being well mixed in a Mortar, that is pretty hot, make them into a Plaister.

This laid to the Stomach, very much strengthens it; as

also stays Vomitings and Defluxions.

Platifier of Mclilot-Simple: Take of yellow Rofin
clarified eight pound, yellow
Wax four pound, Muttonfuet of the Kidneys, cleanfed
from the Skin and Fibers
two pound; melt them, and
add to them green Melilot
cut small five pound; and being thickned bruise it with
the afore-mention'd Ingredients, and bring it to the
Consistence of a Plaister.

This draws very gently; and therefore is commonly used in dressing of Blisters, and in gentle Swellings, and Tumonts.

19 euriffe: Take choife Canary or Milk-water half a pint ; Spirit of Sal Armoniack, of Harts-born, of each thirty drops: mix and give it for a draught, to be repeated three times a day; and at night, at Bed-time, let the Patient take gr. iij. of our Volatile Laudanum. Or thus, Take Tincture of Corn Poppies one ounce and half Poppy-water two ounces, Spirit of Sal Armoniack fixty drops mix for a draught to be given two or three times a Day; and at Bed-time let the Sick take this Dofe. Take Liquid Laudanum, or our Gutta Vita twenty drops Cinamon, Barley-Water three ounces; mix them for a Dose, to be continued as long as need requires.

Plate first in Soap-Suds, and

dry

dry it; then if there be any Spots, rub them out with Salt and Vinegar. When you have fo done, anoint your Plate all over with Vinegar, and Chalk, and lay it in the Sun, or before the Fire to dry; then rub it off with warm clean Linen Clothes very well, and it will look like New.

Dlumbs to by naturalit: Take of any fort and
pick them, and put them into the bottom of a Sieve,
dusted with Flour, to keep
them from sticking, let them
stand in a warm Oven all
Night, the next Morning
turn them upon a clean Sieve,
and so do every day till you
see they are very dry.

Points , or Laces to clean : Take White-bread . half a Day old, and cut it in the middle, and pare the Crust round the edge, so that you may not hurt your Points when you rub them, then lay them upon a Table on a clean Cloth, and rub them very well with the Whitebread all over: then take a clean little Brush, and rub over the Bread very well, till you think you have rubbed it very clean, then take your Point or Lace and shake the Bread clean off; then brush it very well from the Bread, and take a clean Linen Cloth and gently flap it over ofttimes. Thus you may get the foil off, from white Sat-

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ten, Tabby, Paffety, or any coloured Silk, provided it be not greaty or too much foiled.

Points to Walh and Starth : Take your Points, and put them into a Tent. then make a strong Lather, with the best Soap you can get; then dip a Brush in that Ladder, and foundly rub your Point on both sides, fo do till you have washed it in four Lathers, then wash it in fair Water alone, then with blue Water, and when you have fo done, take Starch made thin with Water, and with your Brush on the wrong fide wash it over with it, fo let it dry: then lay your Tent upon a Table, and with an Ivory Bodkin, made for that purpose, run into every close and narrow part of it, to open it betwixt the Gimp, or over-cast, likewise into every Het-hole to open them. Fo Laces, after you have pulled them out well with your Hands, you must Iron them on the wrong fide; Let your Water be warm. wherewith you make your Lather, when you take them out of the Tent, Iron them, on the wrong fide; let not the Water he too blue with which you wash them.

Pomanter fine: Take two ounces of Laudanum, of Benjamin and Storax one ounce, Musk fix grains, as much of Civet, as much of Ambergreafe, of Calamus

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Arq.

Aromaticus, and Lignum Alloes, of each the weight of
Groat, beat all these in a hot
Mortar, and with a hot Pesse,
till it come to a perfect Passe,
then take a little Gum Dragon, steeped in Rose-water,
and rub you band withal, and
make it up with speed, make
them into what shapes you
please Print them & dry them.

Dofonia Daufages to Make: Take the Fillets of a Hog, mince them very fmall, and do the like by Sage, Pennyroyal, and Thyme, of each half a handful ftript from the Stalks: then feafon it with beaten Ginger and Pepper finely fifted, put it into a Hog or Sheep's great Gut, and lay it in water and Salt three Nights': then boil it gently for fear of breaking, and liang it up in a Chimney to be imoak'd, or dry place, and they will keep a long time,

Domegranate: Of thefe there are three forts, Sweet, Sharp, and Winy; and the quality of them all is Restringent, but not alike; for by their Taft you may judge their difference, and their Grains are more binding and drying than their Juice; the Rind more than the Grain, and the Bloffoms have the fame Virtue with the Fruit. The pouder of a Pomegranate dried in an Oven, in a new earthen Pot close stopt, is fingular good to flay the Flux of the Belly. The Leaves of the

Pomegranate. Tree well beaten, and the Juice of them mixed with the Oil of Roses, does yery much help the inveterate Pains of the Head; and so sovereign it is, that most hold that no venomous Creature will come near the Boughs of it: for which reason the Ancients laid them in their Beds, and stuck them about their Houses.

The Decoction of the Root of a Pomegranate-Tree being drank, kills the large Worms in the Belly, and causes them

to be cast out.

Pork Dre: The Pork you intend to put into Pies, must have the Skin taken off; then cut the Pork in steaks, and take half an ounce of Ginger, and the like quantity of Pepper well beaten, slice or scrape in two Nutmegs, season it pretry well with Salt, and put in a little fair. Water that has been well boiled and scummed; and so bake it sufficiently, and serve it up.

Doppy-18ct: The Flowers are very cooling and affwage Pain, and bring Sleep to weary Eyes; and therefore are chiefly used for Fevers, Pleurisies, and Quinsies, and other Diseases, especially of the Breast, that need cooling Medicines, and for immoderate Fluxes. The Conserve, the distilled Water, and the Pouder of them are greatly in use; but the Syrup most.

To

To make it, Take the fresh Flowers of Red Poppies two pound, and pour upon them two quarts of Spring-water well warmed press them out the next Day, and infuse the quantity of fresh Flowers in the Liquor, as before; then strain it, and put in as much Sugar as the Liquor weighs, and so make it into a Syrup, by boiling it to a thickness o-

ver a gentle Fire.

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To

Poppies,a Syrup : Take the Heads of black Poppies frethly gathered fix ounces, and of white ones, not thoroughly ripe, eight ounces, Water a gallon : boil them to the confumption of two quarts of the Liquid, and put therein Sugar a pound and half, or two pound, and boil This is exthem to a Syrup. cellent good to allay the Heat of the Head and other Parts, or when it too much afflicts the Brain. It is given with fuccess in Frensies, or to those that are refflefs, and cannot tleep well, as also for Catarrhs and Coughs.

good Milk to boil, as foon as it doth fo, take it from the Fire, and let it cool a little; and when is pretty well cooled, pour it into the Pot, wherein is about two spoonfulls of Sack, and four of Ala, with sufficient Sugar disfolved in them, so let it stand a while near the Fire, till you

cat it.

Poffet of Dack : Take two quarts of Cream, boil it with whole Spice, then take twelve Eggs well beaten and strained, take the Cream from the Fire, and ftir in the Eggs, and as much Sugar as will fweeten it, then put in asmuch Sack as will make it tafte well, and let it on the Fire again, and let it fland a while; then take a Ladle and raife it up gently from the bottom of the Skiller you make it in, and ftroak it as little as you can, and fo do it tell you fee it be thick enough; then put it into the Bason with the Ladle gently, if you do it too much it will turn to whey.

Potato Ppe: your Coffin being ready, lay in Better, and then your Potato boil'd tender, then some whole Spice, and Marrow, Dates, and the Yolks of hard Eggs, blaunch'd Almonds, and Pistacho Nuts, candied Peels of Citron, Orange and Limon, put in more Butter, close it and bake it, then cut it open, and put in Wine, Sugar, the Yolks of Eggs and Butter.

Pottages of Aputton:
According to the quantity of what Broth you will have, you must proportion your Knuckles of Beef, the Flesh of the hinder part of the Rump of Mutton and Hens, you must feeth the Flesh very well with Parsly, young Onions, and Thyme tied in a Bundle with Cloves, Mace, and some S 4 beaten

beaten Cinamon, keeping always fome warm Water to fill up the Pot as your Liquor confumes; when you have boiled them well, strain the Broth and Preserve it for your use.

Pottage, the French way : Take an equal quantity of Chervil, hard Lettice and Sorrel, or any other Herb you like best, in all as much as a Peck will hold press'd down, pick and wash them well, and drain them from the Water, then put them into a Pot with half a pound of fresh Butter, and fet them over the Fire, and as the Butter melts, ffir them down in it till they they are all within the Butter, then put some Water in, a Crust of Bread, some whole Cloves, and a little Salt, and when it is boiled, take out the Crust of Bread, and pur in the Yolks of four Eggs well beaten, and flir them together over the Fire, then lay fome thin flices of White-Bread into a deep Dish; and pour it in.

Pottage: To make this very excellent, nourishing and conducing to Health and Strength, take the Knuckle end of a Leg of Veal, very largely cut, put into it a gallon, or six quarts of Springwater, a pint of Oatmeal sifted very sine, Pennyroyal Parsly, Thyme, and Wintersavory, of each a little Faggot, or bundle, unshread;

also Sweet-marjoram, Sorrel, Violet and Marrigold-leaves; you may let it stand a whole Night over a gentle Fire, and boil it up the next Morning, with some Mace, Currans, Harts-horn Shavings and Sugar; then strain it, and eat it warm.

This is very good against a Consumption, or any Defect in the Lungs, or Sto-

mach.

Doultry Diftempers: Dip. is a white thin Scale, growing on the tip of the Tongue, and makes Poultry they cannot feed, it is easie to be difcern'd, it proceeds for want of clean Water, and drinking puddle Water, and eating filthy Meat. The Cure is to pull the Scale with your Nail, and then rub the Tongue with Salt. The Bup is a filthy Boil or Swelling on the Rump, it will corrupt the whole Body, it is commonly known by the staring or turning the Feathers backwards: To Cure this, you must pull away the Feathers, and open the Sore, thrust out the Core, and then wash the place with Salt and Water, or with Brine, and it helpeth it. The Flux cometh with eating too much moist Meat, the Cure is, To give them Peafe, or Bran scalded, and it will flay them. Stopping in the Belly, is contrary to the flux, so that they cannot move; therefore you must anoint

anoint the Vents, and give them either fmall bits of Bread, or Corn fleept in Man's Urine. Lice: If they be much troubled with Lice, as it is common, proceeding from corrupt Food, or want of bathing in Sand, Ashes, or fuch like: Take Pepper fmall beaten, mixing it with warm Water; wash your Poultry therein, and it will kill all forts of Vermin. Stung with any Venomous Worm, &c. anoint the place with Rhue and Butter mixt together. Doze @pes : Take a Leaf or two of ground Ivy, and chew it well in your Mouth, fuck out the Juice, and Spit it into the fore Eye, and it will certainly healit.

Douber Damask: Take Orrice half a pound, Rose Leaves four ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and half, Benjamin the like, Musk and Civet of each ten grains, beat them together grosly, save the Rose Leaves, you must put in afterwards, this is a very fine Pouder to

lay among Linen.

Pouter of Amber: Take fix ounces of Bean-flour, and pass it through a fine Sieve with four ounces of Cyprus-wood, two ounces of Saunders, two ounces of Benjamine, and half an ounce of Storax, two drams of Calamus Aromaticus, and as much Labdanum; pass these shewise

pound of the Composition add four grains of Ambergrease, and half an ounce of Pomander, Privet beaten and sifted, which you must mix in a hot Mortar with Amber; then mix themall together and keepthem in a glass Bottle close stopped, and make of it sweet Bags to persume your Cloaths.

Douber of the Countels of Kent : Take the black parts of the Claws of large Sea-Crabs four ounces, Crabs Eyes, oriental Pearl, and red Coral prepared, of each an ounce : Roots of Contrayerva, white Amber, of each fix drams; the Bezoar-stone three drams. Saffron two scruples: these into a fine Pouder, which mixed with Jelly of Vipers, you may make it into Trochifes, letting them dry in the Shade, to be poudered, as occasion requires, for the better prefervation of its Virtue.

This Pouder is highly in Request for the Remedy of Epidemical Diseases, particularly in the Small pox, or Meafles. It is also used in the Plague, as well to preferve from the Infection, as to cure it, when taken, by reason it mainly strengthens the Heart. and other Vital Parts, against Infections, and the malignity of the before-mention'd Difeafes. Not only the English. but other Nations approve it. and use it with wonderful Success. The Dose is about ten grains. Pouder

Take Cloves, Nutnegs in fine pouder, of each half an ounce. Contra peroa, Winter Ginnamon, Virginea Snake-root, of each three drams, Hartshorn Philosophically Calcin'd; rust of Iron, each in fine Pouder two ounces, Sal TartariSulphurated one ounce, Treeble refined Sugar a pound, mix and make a subtil Pouder.

This wonderfully strengthens the noble Parts, restores the languishing force, and cures swooning and fainting Fits. It is good in Fevers, and other Diseases: It is given to asthmatick and consumptive Persons, and to such as are wasted and brought low by Sickness. The Dose is from half a dram to a dram, in Wine, or any cordial Water: It may be taken in any pectoral Electuary, or with any convenient thing, as you please.

Poutet for the Gout: Take Hermodatyls, Tarbish, Cambogia, Mechoacan and Scammony, of each a dram; white Sugar candy two drams, pou-

der them very fine.

This Ponder purges Serofities that lay a Foundation for it, or nourish those Humours that occasion the Pains. The Dose is from a scruple to a dram, taken in a Glass of Whitewine in a Morning fasting, and fasting two Hours after it.

Douber to Incarnate; Take Olibanum, Sarcocol, Myrh, Mastick, Aloes, and Mummy,

long and round Birthworts, of each an ounce: bruise and make them into a fine Pouder.

This cleanses Wounds, and causes the Flesh to grow, being laid to them alone; or mixed with Ointments, or proper Waters, as Camomil, Bugloss, Mint, Rhue, St. John's-wort. Blood-wort. &c.

Bouder to whiten Teeth:
Burn the finest fort of Painicestone, Cuttle-bone, white Coral,
and Cream of Tartar prepared
upon Porphyry, the Roots of Florence, Orice finely poudered, of
each half an ounce; Sal Vitriolatum in Pouder a dram,
Musk and Ambergrease, of each
three grains: mix them well
together, and make a Pouder.

This Pouder cleanses and whitens the Teeth. You may use it as it is, or mixed with Syrup of Coral, or dried Roses, or Syrup of Roses. Or, to save all this Charge, if your Teeth be found, Rub them with a fine Pamice-stone, and they will be as white as

Ivory.

the Roots of Florence-Orrisone pound, yellow Saunders five ounces, red Rofes four ounces, Storax, and Benjamio, of each two ounces; Cyprus, Tops of Marjoram, of each one ounce; Lignum Rhodium half an ounce; Cloves, Aromatick-reed, and Flowers of Lavender, of each two drams: make all these into a gross Pouder, it is an ex-

cellent

mongst Linen . Silks, or any

Apparel, orc.

Douber againft the Taun-Dice : Take Crocus Martis. prepared with Sulphur one ounce; the Leaves of Senna. and Rhubarb, of each half an ounce; the best Cinamon, Salt of Wormwood, and Tamarisk, of each two drams; Saffron a dram : Pouder fine, and with a sufficient quantity of the Syrup of Mugwort make an Opiate.

The Dose is from two grains to feven, mixed with a little Vinegar, and made up into a Bolus, or mixed in Whitewine, or fome proper Decoction, which take as often as occasion requires.

Diebention of Maues : Take the Pouder of Angelicaroots, Flowers of Antimony, of each half a dram; the best Canary three ounces : infuse them in a cold Place for forty eight Hours, and pour off the clear part for two Dofes.

This is a fingular good Vomit for the prevention or Cure of Agues of all forts, being given in a Morning fasting, when an Ague is expeded, or about four or fix Hours before the coming of the Fit.

Dzimrole made into a Syrup, and decocted, is good for flegmatick and melancholy Difeases, and Fluxes of the Belly, and to firengthen

cellent Perfume to put a-1 the Stomach of weak Perfons.

> Brinces Douber : red Precipitate one punce, grind it upon a Porphyry to a subtil Pouder, add to it two drams of Oil of Tartar per deliquium. which digest together twenty four Hours, grinding it a little now and then ; upon this put Tartarifed Spirit of Wine, to over top it an Inch, and deflagrate it, which repeat twenty times. and it is done.

This is the true Receipt, as it came from the Prince's own Hand. and was communicated to Sir Francis Blundel . Baronet of Kings County in Ireland, who purchased it of the Prince with a considerable Summ of Money. 12 is famous in Curing the French Pox, and all the Symptoms attending it, as also the Scurvy. Dropfie, Gout, Sciatica, Hypochondriack, melaneboly, and most Chronick Difeases, which afflict the extream parts; and I have known it to be a Specifick against the Stone, Sand, Gravel, and all manner of Obstructions of the Reins and Bladder, doing that in those cases, which none of the Vulgar Nephriticks and Diureticks, could possibly perform. It is given in the Yolk of an Egg. Pap of an Apple, Conferve of Roses, Mithridate, &c. at Night going to Bed, from three grains, to ten or twelve, according to the Age, and Strength and Malignity of the Disease: The Prince gave it to a dram, but in my Opinion, that is a

Dole wastly too great; where note. 1. That the Precipitate ought not to be ground dry; but with a mixture of a little Oil of Tartar, left the Duft flying, it (bould offend the Eyes, Nose, and Palate. 2. That this Pouder is nothing but common Precipitate. corrected with Oil of Tartar, and Spirit of Wine, by which the Acid in the vulear Precipitate is

observed &c.

Dubbing of Cream : Take grated Bread, mix it with a like quantity of Flour, some minced Dates, Cinamon and Nurmeg finely beaten, Beeffuer, warm Milk, Eggs and Sugar; then take half the Pudding for one fide, and half for the other; make it up round, and put some Butter into the middle of it, on the other fide, aloft on the top, and put it in a Cloath, when the Liquor boils, into your Pot; and being beiled, cut it in two, and ferve it up with Butter, Sugar, Verjuice, and Rosewater.

Budding Excellent : Beat the Yolks of three Eggs with Rosewater, and half a pint of Cream; then fetting it over a gentle Fire, put in about the quantity of a Pullet's Egg of fweet Butter; and being melted, mix the Eggs and that together, and feafon it' with Nurmeg, Sugar, and Salt; then add as much grared Bread as will make it as thick as Batter, and about Rice, washed clean and pickt, half an ounce of Flour, with then fet them over the Fire,

a dozen blanched Atmonds beaten: then all being mixed together, take a double Bag. wet and flour it, and put in the Batter; and when it is boiled, ferve it up with Rofewater, Verjuice, Butter, and

Sugar.

Budbing of Datmeal : Take the biggeft Oatmeal and freen it in warm Cream one Night, then put in some fweet Herbs minoed small . the Yolks of Eggs, Sugar. Spice, Rosewater, and a little Salt: with some Marrow then butter a Cloth, and boil it well, ferve it in with Rofewater, Butter, and Sugar.

Duddings of Liber : Take Hogs Liver, boil'd and cold, grate it like Bread, then take new Milk, and the Fat of a Hog, minced fine, put it to the Bread and the Liver : then dry Herbs, minced small, put the Herbs into it with beaten Spice, Anniseeds, Rosewater, Cream, and Herbs : Sugar, and Salt, fo fill the Skins and boil them.

Pudding of Bisket : Take Naples Bisket, and cut them into Milk, and boil it. then put in Eggs, Spice, Sugar, Marrow, and a little Salt, and so boil it and bake

Budding of Bice to bake : Take three pints or more of Milk, and put therein, a quarter of a pound of

and let them warm together, and often shir them with a wooden Spoon, because that will not scrape too hard at the bottom, to make it burn, then let it boil till it be very shick, then take it off, and let it cool, then put in a little Salt, some beaten Spice, some Raisins and Currans, some Marrow or Beef-suet, shred very small, then butter your Pan, and so bake it, but not too much.

Dubbing Duaking: Take graped Bread, a little Flour, Sugar, Salt, beaten Spice, and store of Eggs well beaten, mix these well, and beat them together, then dip a clean Cloth, in hot Water, and Flour it over, and let one hold it at the sour Corners, till you put it in, then boil it for one Hour, and serve it in with Sack, Sugar and But-

Dudding of Marrom ba-Beb : Let your Dish be in. different deep, on the bottom whereof, lay Sippets of white Bread, and on that lay raw Marrow all over, with Dates, Raifins of the Sun Orangado, and other Suckets, then having ready some Cream boil'd up with the Yolks of Eggs, lay thereon a Ladleful or two thereof, Marrow upon that, upon your Marrow make another lay of Dates, Raisins, O'c. and then a lay of Cream; continue fo doing, till you have fill'd up your Dish,

garnish the brim of your Dish with Paste, then set it in the Oven half an Hour, and it will be enough. In the boiling your Cream, you must put in whole Cinamon, and large Mace, and season it with Rosewater, Sugar, and grated Nutmes.

Budbings Black : Take warm Hogs Blood, put in fome Salt : when it is cold. put in gross Oatmeal well pick'd, after it hath stood a foaking all Night then put in Rofemary, Thyme, Pennyroyal, Savory and Fennel. minced fmall, alter the hardness and redness of the Blood. with some Cream, beat in fix Eggs, and feafon it with Cloves, Mace, Pepper, Fennel-Seed, and put in good store of Beef fuet, in pretty big Lumps.

apunding another: Take a pint of Milk, eight gs, four Whites, a little salt, fome Sugar, a spoonful of Flour, a little grated Nutmeg, beat it all very well together, butter the Cloth well, so eye it up and boil it half an Hour: Butter, Rosewater, and Sugar for Sauce.

Publing of Smeet-Berbs: Steep a Penny white Loaf in a quart of Cream, and only eight Yolks of Eggs, fome Currans, Sugar, beaten Cloves, Mace, and Dates, with the Juice of Spineage; then add Saffron, Cinamon, and Nutmeg; Sweet-marjo-

ram,

ram, Thyme, Savory, Penny-royal minced very fmall, and fome falt Beef fuet, or Marrow.

These Puddings are excellent for fluffing of roaft or boiled Poultry, Kid, Lamb, Veal, or Breaft of Mutton.

Duff-Dafte, the Beft way : Take a pound and a half of Butter to every quarter of a peck of fine Flour, likewife fix Eggs, (observing only to put half a pound of the Butter at first to the quarter of a peck of Flour) then rowlit up ten times one after another, and put Flour and Butter every time to it, as you beat it with your Rolling-pin, till it is so incorporated, that it becomes a pliable Paste.

Buffs of 3pples: Take any Apple that is not hard or harth of tafte mince it with Raisins of the Sun ftd d, then wet them with Eggs, and beat them together, with the back of a Spoon, feafon them with Nutmeg, Rosewater, Sugar, and Ginger, drop them in a Frying | Pan with a Spoon into hot Butter, fry them, then ferve them in, with the Juice of an Orange, and a little Sugar and Butter.

Puff-Balle another : Take a quart of the finest Flour, the White of three Eggs, the Yolks of two, a little cold Water, make it into a perfect Paste, then roul it

bits of Butter, and fold it of ver again, then make it broad again, and lay on more Butter. and then fold it over, and do fo ten times, make it up for your ufe, and put your Fruit, or meat therein, and bake it.

Bullet : A right Pullet has a Imoothlegia imooth breaft, and will pinch tender upon the Break of it, and if she be full of Eggs, she will be open in the Vent, and foft in the Belly: but if not she will be hard in the Vent, and small vented.

Durflane to Dichte : Take the Leaves from the Stalks, then take the Pot you mean to keep them in, and strow Sale over the bottom; then lay in a good row of the Leaves, and ffrew on more Salt, then lav in a row of the Stalks, and pur in more Salt, then a row of the Leaves, so keep it close covered.

Dunch to make: Take one quart of Claret, or Water. half a pint of Brandy, a little Nutmeg grated, a little Sugar, and the Juice of a Limon, and fo drink it.

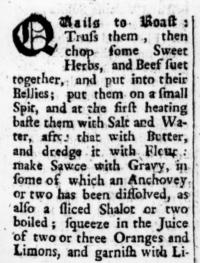
Burple-Miolet, its Use and Virtues. It is in its nature temperate, and very fit to alter and change the ill quality of Humours, and to evacuate them chiefly. lets purge Choler, and qualifie the vehemency thereof: they are good for the Pains in the Head which proceed from Heat : cause gentle Sleep, and abroad thin, then lay on little | mollifie the Pricking of the

Breaft, and of the Lungs, and are profitable, against the Quinsie, and the falling of the Palate in the Mouth, and Inflammations of the Breaft, and Side, and Stomach Thirst, being dried and concocted in White-wine: They open Obstructions of the Liver, and cause Inflammations to cease: They are very good in the Jaundice, Black or Yellow: The Syrup mollifies the Belly, and is good in Pleurifies: and indeed is a Flower more to be admired by all in Phyfick, than for its charming Colour, and fragrant Smell.

Pres Excellent : Take

boiled, peel them, and mince them fmall with fome Beef fuet, or Marrow, then take a round of Currans, and a pound of Raisins of the Sun stoned, some beaten Spice. Rosewater, a little Salt, a little Sack, and Sugar; bear all these with the minced Meat in a Mortar, till it come to a perfect Pafte; then baving your Paste ready laid in your baking Pan, fill it or them with this Meat, then lay on the top, some fliced Dates. and fo close them, and bake them; when they are cold. they will cut smooth like Marmalade,

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mon-peel, or flices, and some grated Manchet, a few whole Cloves, and some Bay-leaves; and so pour on the Sawce, and serve them up as hot as they can be got from the Fire.

Munking-Dudding: Take new Gream a quart, blanched Almonds half a pound: beat the Almonds very finely, boil them in the Gream, and then firain them: put in a Blade or two of Mace, and feason it with Rosewater and Sugar; then take five Whites of Eggs, beaten up with Pouder of Cinamon, Cinamon, and two or three spoonfuls of fine Flour, put in what was left in the Strainer; so make it into a thickness and boil it: serve it up with Cinamon, Sugar, Rosewater, Butter, and Verjuice.

Quartan=3gue: Take a dram of the Pouder of the black Tips of Crabs-Claws, and take it in any convenient Vehicle or Conserve, twice or thrice, without remitting any Day when the Distemper

comes.

Queens-Wishet : Taketwelve ounces of Flour, and a pound of fine Sugar, twelve Eggs, yet the Yolks but of nine of them, to prevent their being too yellow; take what Annifeeds and Corianderfeeds you think convenient, beat and mix the Materials very well together till they become a fost Paste; and to make it lighter, if you think it convenient, you may add a little Yest. Let this Paste be put on a Paper, or in Coffins, about two Inches broad. and four in length; which put on a Tart-pan into the Oven moderately hot, and when they begin to turn brown, take them out, and lay them on a Paper in some dry Place, that they may be kept from relenting.

ter, the true way: Take four pound of Rosemary Flowers, gathered in a fair Morning, two or three Hours after Sin-

Rifing, and pickt from all the green part, put them into a Cucurbite, and pour upon them three quarts of Spirit of Wine, well rectified ; press down the Flowers into the faid Spirit, and cover the Cucurbite with its Head and Alembeck, lute well all the junctures with Paste and Paper. then place it in the fand Bath, and lute a Receiver to it: then leave it so till next Morning; then diffill it with fo moderate a Fire, that while the Spirit distilleth, the Head may not be fo much as warm: or to hasten the Distillation, you may cover the Head with a Linen Cloth doubled several times, and dipped in cold Water; dip again, and cool the Head several times : continue the distillation until you have drawn about three quarts of Spirit, which will be very pure, and charged with the best and Volatile Substance of the Flowers, then take out all the Fire, and let the Bath cool, unlute the Vessels, and put the Spirit into a Bottle well ftopt; then ftrain and press out the Liquor that remains in the Cucurbite, and clarifie it, then put it into the Cucurbite again, and distill it untill it remain in the bottom of the Confistence near as thick as Honey, or a thick Syrup, which put into a Pipkin well glazed, and boil it over the Fire to the thickness of an ordinary Extract, put

the last Spirit into a Bottle by I it felf.

Duceng Berfumed Ca. ter : Take Benjamin four ounces, Storax two onnces, yellow Saunders one ounce, Cloves two drams, two or three pieces of Orris, half a Citronpeel, Cinnamon half an ounce, two Nurmegs, and about two quarts of Water; put all thele into, a new glazed earthen Pipkin, and let them boil over a gentle Fire till half the Liquid is confumed: then take about fix grains of Musk powdered, with about as much Sugar as the bigness of a small Nut, which dissolve with a little of the Water : then ftrain it all, and put it into a Glass well stopped, and use it as a curious perfuming Water to fcent Rooms, and sprinkle on Linen, &c. The tregs likewife dried and poudered, make a good Perfume.

Queens Sweet-Water : Take red Roses, and a quart of damask Rose-water, Muskadine and Orange-flowerwater, of each three pints; Water of Melilot flowers, Flowers of Myrtle and Garden Costmary, three pints: put all the beforesaid distilled Waters into a glass Bottle, to which add a pound of Benjamin in Pouder, Cloves, Cinamon, and Orange-peel dried, and finely bruised; stop the Bortle close, and suffer it when the Yessels are cold, to continue to a Month before | you will find the Mercury

will yield a very fragrant Scent.

Duickalber, mabe into Cinnabar: Put half a pound of the Pouder of Sulphur in a large earthen Pot well glazed, fet it on a hot Coal-Fire, and put a pound and a half of flowing Mercury into a piece of Shamoys Leather, tye it in a hard knot, and when the Brimstone is well melted, drop the Quickfilver upon it, and press the Knot between your Hands, so that it may pass through the Pores of the Leather, ftirring the Substance in the mean time with a wooden Spatula, and continuing the pressing forth, and stirring the Mercury till it is all preffed through, and uniting with the Sulphur, they appear a black Mass: then let it cool, and beat it into Pouder, and fo put it into an earthen Pot proper for Sublimation; join to the Mouth of that another Pot of the fame bigness, with the bottom uppermost, having stop'd the hole with a piece of Paper, begin the Sublimation with a gradual Fire, encreasing it fome Hours, by which means the Mercury being incorporated with a portion of Sulphur requisite for it, it will fublime to the top of the up. permost Pot, leaving some ferces in the lower Pot; then you use it , and then it fublimated into Cinnabar of

a very red Colour, veined with long brown glittering Streaks; but the Colour will appear more fresh and lively, when it is broken in pieces and ground; and therefore it is that the Painters make ule

of it in this manner.

Duipbonp: This may be made of Quinces, Plumbs, Apples, Pears, Apricucks, or any other Fruit that is fuitable: and to do it, Take of the preserved Fruit you intend to make it of, and add a pound of the Fruit separate from the Stones, Rind, or Cores, boiled till it may be beaten into Pulp; add then a pound of fine Sugar, and when it comes to the thickness of a Jelly, let'it cool.

Duince-Cakes: To make the red fort, Take the Syrup of Quinces and Barberries, of each's quart, and about a dozen of Quinces pared and covered; boil them till they are very foft, and drain the Pulp. or liquid part, and boil it up with fix spoonfuls of fine Sugar, till it be candy proof; then take it in a Ladle, fashion it on Plates into Cakes; and letting it cool, dry them in a Stove, or in a gentle Oven, foon after the baking is

Duince-Cakes Tranfpa= rent: Take a pint of the Syrup of Quinces, and a quarter of a pint of the Syrup of Barberries; boil and clarifie them over a gentle

Fire, scumming them clean; then add twenty ounces of fine Sugar, ffir them well together on the Fire: and when it is taken off, till it be almost cold, spread the Pulp as before, and make your Cakes into what fashion you think

proper.

Duince = Cakes White: Take a quart, and half a pint of Water, boil it up, and add fo much fine Sugar as will heighten it to a Candy; then pare about a dozen largeQuinces, core them; and when they begin to be fost in other Water, wherein you may first fet them over the Fire, take them out and beat them into Pulp, and so put that Pulp into the boiling Sugar and Water before mention'd, and let them continue there a long while; then make them into Cakes on a Plate: If you would have them very white. clarifie yourSugar withWhites of Eggs, that you first sweeten your Water withal.

Duince = Cream : Roaft four or five ripe Quinces. quarter them, take out the Core, and cut them in thin flices; then boil them up gently in a pint of sweet Cream, with a whole Race of Ginger; and when it comes to a thickness, strain it out, adding fo much Sugar and Rosewater as will sweeten

and fcent it.

Quinces a Jelly: Take some of the Decoction and Infide Infide of the Rind of the halves, or quarters; make Quince, or other Fruit, that has boiled long in a confiderable quantity of Water: The Decoction being made, let it wast in the Sun, or before the Fire, and so boil it up to a Jelly with a quart of Ifinglass.

Quinces to Bickle: To do this, that you may keep them green all the Year, Take them when they are not quite ripe, wash them in Salt and Water, and rub off the Scurf, if any be on, and let them lie in that Water twenty four Hours, boil up a Pickle of Wine-Vinegar, put into it a handful of Bay-falt, a few blades of Mace, and fome Cloves, with fix or feven Bay-Leaves; put the Quinces into it scalding hot, and parboil them; then put them with the Pickle into an earthen Pot, and so they will keep, and be of use for Tarts, or what other use you please to put them to.

Dutnee-Dpe: Take preferved Quinces, separated from the paring and the Core; then make a Syrup of Spring water, with fine Sugar boiled up in it, and take as much as the Quinces weigh; to every pound add a pint of the Syrup, make the Syrup in a Preferving-pan, and being fcummed and boiled, put the Quinces into it; boil them till they be well coloured, and then put them into the Pies in

them in fashion round, either in Pies, Tarts, or Patty-pans, with a cut cover; but before you bake them, put in more fine Sugar, and leave the Syrup to put in after; and then Thus you may do by Ice it. Wardens, Pippins, hard Pears,

or green Codlings.

Duinces to Dieferbe : Take of Apple Quinces, when moderately ripe, lay them a while after they are gathered, on fresh Straw, or new Hay, for three or four days, covered fo that they may fweat a little, and evaporate the superfluous Moisture: then pare them very thin, and boil them in Spring-water till they are very foft: then cut them in quarters, take out the Cores, and mingle the Pulp with the Water, ten Quinces, and two spoonfulls of Sugar being sufficient to boil up a Pottle of Water: and when it is boiled to a thickness, put in the Quinces you intend to preferve, and let them boil till they contract a greener Colour than natural, then put to them fome more Sugar; the fcumm being taken off, put them up in an earthen glazed Pot, and stop them close.

Quinces to Prefer beiRed : When they are pared and cored, put them into cold Water, and for every pound of Quince, take one pound of Sugar, and a pint of Water, make a Sytup thereof, then

put

put in your Quinces, and let them on a flow Fire, close covered, till you see they are of good colour, and very tender, then take them out and boil your Syrup till it will Jelly.

Quinces Baw: To keep these all the Year, Take some of the worst Quinces, and cut them into small pieces, boil them in Water, putting to each Gallon three spoonfulls of Salt, and as much Honey; and fo let them boiltill the Water becomes veryfrong of the Quinces, and when it is cold, put in a quart of Whitewine-Vinegar, and then put the best Quinces into the Liquor, close them up in an earthen Pot, and they will keep fresh all the Year, so that you may use them for Marmalades, or other Matters, at any

Duince Deto, an Dil: Take the Seeds or Kernels of Quinces, bruise them, and put them into a Frying-pan with a little Wine. Let them be well stirred together, till they are so hot you cannot endure your Finger on them; then put them into a Canvase Bag, and press out the Oil with a considerable strength; and having both Oil and Water you must separate them.

This Oil is very good against all Pains in the Stomach, helps Digestion, and is good against windiness in the Stomach, and Bowels, bringing it away. It inciteth to Venery, and is good against the Hemorrhoids and Pustles, the Parts afflicted being anointed with it.

Duinces the Dyrup: Take three quarts of the Juice of Quinces, settle it well, and clarifie it from the Dregs, and boil it over a gentle fire till half be confumed: then add three pints of Allicant, or a deep Red Wine; four pound of White Sugar, Cinnamon a dram and a half, Cloves and Ginger two scruples; and boil them up to a Syrup. Let it cool by Degrees, and keep it close stopped in Glass-Viols for your ule: this mixed with Water of Endive, is very cooling and excellent in Fevers, and other hot Difeales, two or three spoonfuls being taken at a time.

Quince Cart : Pare and flice your Quinces very thin, feafon them with Candied Citron, and beaten Cinnamon, and Candied Orange scraped fmall, or raw Orange, or Lemon-peel, or Carraway or Annifeeds; put ten Pippins to fix Quinces, and according to the bigness or littleness of your Tart, half the weight of the Fruit in Sugar; then close it up, and bake it, and Ice it over with Sugar diffolved in Role-water, and make your Tarts into what Forms you please, and serve them up. Scrape over them Sugar and Pouder of Cinnamon.

Duince Cart : TakeQuinces newly gathered, or kept very dry in Straw, pare them thin, and take out the Cores; and being cut in four quarters, flice them thin; then take Pippins, or any hard Winter Fruit, gathered before they are ripe, and using them in the fame manner; lay a Laying of each, scrape an Orange-Peel, and scatter it among the Layings; then add Syrup of Quinces, and on the top of all, strew fine Sugar mixed with a little Pouder of Cinnamon, and close up the Coffin in what Fashion you please, baking it well in an Oven not heated with two quick a Fire.

Duinque = folium, or Cinque-foil: The root of this is dry and binding, and is to be taken from one to two drams in Pouder. It stays all manner of Fluxes of the Bowels, and Fluxes of the Blood, in any part, Catarrhs and Defluxions on the Lungs, and allays the fharpness of Choler, eases the Pains of the Gout and Gonorrhea's; the Juice of it, is good in Fevers and hot Dileases; an Infusion of it opens Obstructions.

Quinque = Merbia, Bibmost Plantane: This Herb is affringent and vulnerary, the Juice, is good against spitting and pissing of Blood. The Essence of the Juice taken with Spirit of Wine, do's the same. The distilled Wa-

ter of it is good against fpitting of Blood, and the Phthifick. The Infipiffate Juice stays the Courses, heals all inward Griefs of the Body and Inflammation, and is more effeetual than any other fort of Plantane. This being one of the narrow-leaved forts, call'd

by fome Ribwort.

Duinfies to Cure : Bruife thirty two ounces of Purified Salt-Petre, put it in a crucible which must be put in a very hot Fire in a Furnace, and when the Salt Petre is melted, put to it an ounce of Flour of Sulphur, by a spoonful at a time, so that the matter will presently fall into a flame, and the more volatile Spirit of the Salt-Petre will evaporate, and when the flame is over, the matter will remain in a very clear Fusion. Then with a pair of thes, take out the Grucible, and turn it upside down into a very clean Bason a little warmed.

This is that which is vulgarly called Crystal Mineral, or

Sal Prunelle.

This beaten into Pouder, is taken with good Success in the dangerous Distemper called he Quinsie. It also cools and works by Urine in burning Fevers, and other Difeates, that proceeds from Heat and Obstructions, and the Running The Dose vs of the Reins. from half a dram, to a dram, and may be tak n in any prrper or convenient cooling Liquor.

Lillin:

Duinffes . Defcription . &c. This Grievance do's most frequently happen between the Spring and Summer, the first Asfault of the Fever is feconded by the Pain of the Inflammation of the Jaws, which together with the Swelling of the Uvula, Tonfils, and La-TYNX, renders the afflicted Person unable to swallow, and scarcely to breathe. In this cafe, First give this : Take Milkwater three ounces, Poppy-Water one ounce, Spirit of Sal Armoniack twenty drops, Spirit of Harts-born thirty drops; mix for a Dofe, and to be two or three times repeated in twenty four Hours: then anoint the inflamed part with Honey of Roses impregnated to a very high degree of Acidity, with Spirit (not Oil) of Vitriol. or ulphur, and prefently after, take the following, (not lelves again,

after the usual manner, but only hold it in the Mouth till it is hot, and then spitting it out, renew it with that which is cool,) viz. Plantane-water, Rose-water, and Frog spawnwater, of each four ounces; the Whites of three Eggs, beat and reduced to Water, Sugarcandy three drams; mix them well, and make a Gargarism of them.

Authtessence of honey: This is the curious Extract of Honey, and is very useful in divers Diseases and Grievances, viz. It helpeth the Cough, or Catarrh, Palsie, Fallingsickness, and Pains of the Milt, and divers other Diseases; and its said, that if two or three drams be given to a Party strugling for Life, or gasping for Breath, it will for a while bring them to themselves again.

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Abbit: If she be new killed, will be stiff; but if stale kill'd will be limber; also Hares Conies, and Levarets the same. When you kill them, they must be cold before you put them in Panniers, or else they will stink. Rot cometh by giving them too much green Meat: Therefore give it them

feldom, and then the dryness of Hay given them, will dry up that Moisture. Madness; give them Thistles to eat, and it will heal them.

Babbits Baked, to be eat cold: Parboil your Rabbits, and bone them, then lard them, and feafon them with Pepper, Salt, Cloves, Nutmeg, and Mace, then put them into the

Pye,

Pye, with a good quantity of Winter-favory, and forced Meats, put on a pound of Butter on the top, and close it, when baked and cold, fill it with clarified Butter.

Babbit to Boil: Take a Rabbit, truss it, and boil it with a little Mutton Broth, White-wine, and a Blade of Mace, then take Lettice. Spinage and Parsley, Winter-Savory, and fweet Marioram. pick all thefe and wash them clean, and bruise them a little to make the Broth look green. thicken it with a Crust of Manchet first steeped in a little Broth, and put in a little fweet Butter; feafon it with Verjuice and Pepper, and | ferve it to the Table upon Sippers: Garnish the Dish with Barberries.

Babbits, a fricaffe : Take your Rabbit, and cut it in pieces, put it into the Frying-Pan, put in half a poundof fresh Butter, and let it boil, then put in your Rabbit, and let it be half enough : then take it out, and clean your Pan, and put in some Water, and let it boil; then put in one flice of Onion stuck with Cloves, and a little whole Pepper, a Bunch of Thyme, and a little Limon-peel, and let them boil together a while; then take out your Onion and Thyme, and put in your Rabbit : then shred some Marjoon your Rabbit in the Pan : then take three Yolks of Eggs. and beat them well, and a Piece of Fresh Butter, and a quarter of a pint of Whitewine, or a spoonfull of White-wine-Vinegar, and beat with your Eggs; then put them into the Pan, and let the Pan be kept shaking and stirring with a spoon, till they be thick, then pour them into your Dish, and ferve it up to the Table.

Babbits fricatied: Take young Rabbits, and cut them into small Pieces, mince a handful of Thyme and Parfly clean pick'd; season them then with Nutmeg, Pepper, and Salt; take two Eggs and a half, a quartern of Verjuice, beat them together, throw them into the Pan, and having sliced it when enough, dish it up in Sippets with Butter and Verjuice.

Babbits to Dalh: Wash them, take the Flesh from the bones, and mince it small; then put to them a little strong Broth, made of Mutton or Weal, some Vinegar, and a Shalot or two, with a little grated Nutmeg: Let it stew, and then shred a handful of Parsley; then half a pound. or as much as will serve, of Butter: Toass Bread for Sippets; serve it up, garnished with Limons.

bit: then shred some Marjoram, Thyme, Parsly, Limonpeel and Nutmeg, and strow; Skuer them up Side to Side,

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they will roaft so much better; being roafted enough, take Butter and minced Parsly, being first boiled or roasted in their Bellies, and add thereto the Livers minced very small, and so serve them up.

Rabbits to Stew : Take a couple of Rabbits of about three months old, half roaft them, and so take them off the Spir, cut them into handsome pieces; and put them into a Dish with the Fat and Gravy that fell from them, and as much Water, with half a pint of White-wine, after boiling and scumming, as will cover them; then put in a piece of fresh Butter and Ginger, finely grated, with Pepper and Salt, and two or three Pippins minced: Let thefe flew about an Hour, over a gentle Fire, and dish them up with Sippets.

Babith, for , Bogle-Bas Dish: This is in some places found wild, but most usually planted in Gardens, encreasing much in most shadowy places : it flowers in July. The Juice of it given in drink, is held to be very effectual for the Scurvy. It kills Worms in Children, the Juice being drunk in convenient Liquors, or the Root laid, bruifed Poultiswife, to the Belly; by the latter means it takes away the Pain of the Sciatica, Joint-Ach, or the hard Swelling of the Liver and Spleen: The dif i led Water of the Root

and Herb is better taken with a little Sugar. That called the Garden-Radish, is vulgarly known; and though it be but of bad Digestion, yet it has fome good Qualities with it; for though it is held when eaten raw in Sallads or the like, to breed ill Humours. and corrupt Blood; yet it wonderfully helpeth those that are afflicted with the Stone and Gravel, and the stoppage of Urine; and the Juice of these Roots made into a Syrup, is exceeeding good to purge Urine.

Bagmost: This has feveral Names, as Stammerwort, Seggrum, St. James-wort : It flowers in June, or the beginning of July, the Seed of it being ripe in August. The Decoction of the Herb is good to wash the Mouth that is fore or has Ulcers, also for Hardness, Swelling, or Impostumations, it being very cleanfing and healing in fuch Matters; as also helpful in the Quinfie, and King's-Evil: It flays Catarrhs, thin Rheums, and Defluxions into the Eyes, Nofe, or Lungs, proceeding from the Head. The Juice is fingular good to heal green Wounds, to cleanse and heal. old Ulcers in the Privities, and other Parts of the Body; allo inward Ulcers or Wounds; and puts a stop to the malignity of running Cankers, and hollow Fistula's, hindring their spreadings, and is

much

much comme ided for Aches, or Pains in the Nerves, fleshly Parts or Sinews; also the Sciatica, or Pain in the Hip or Huckle-Bone, to bathe the Place with the Decoction of it, or anoint it with the Ointment of the Herb bruised and boiled in Hogs-Lard with a little Olibanum, and Mastick in Pouder.

Baits to Boil: Cut off their Heads and Leggs; truss and put them into a Pipkin of strong Broth, add to them Currans, Dates, some Blades of Mace, half a pint of Whitewine, Pepper, Salt, and a piece of Butter; and when they are all together stewed enough, place them orderly in a Dish upon Sippets, thicken the Broth with grated Manchet, melt a little Sugar in Rose-water, put the Broth to them, and ferve them up garnished with Limons, 'or Oranges fliced as a dainty Dish.

Raphanus, or Babith: Though no great notice is taken of this Root, but the eating them with Sallads and Provisions, yet there are many excellent Virtues in it. The Root of the Garden Radish cleanses, attenuates, and opens, and in the Stone is of great Virtue for expelling it, and provoking Urin; it cleanfeth the Stomach of flimy tartarous Humours, and opens the Obstructions of the Liver and Spleen. Reins and Womb, and distributes the Chyle. The

Seed, which has all the Virtues of the Root, is hot in the third Degree, and dry in the fecond; wherefore two drams of it is fuccessfully given in a spoonfull of Wormwood-water for killing the Worms in Children, and removing the Gravel and Sand from the Kidneys and Bladder. A distilled Warer of the Roots and Leaves, beautifies the Face and Hands by taking off the Spots, Scurf. and making the Skin smooth and fair, if often washed with it. A Syrup of the Juice is excellent against the Stone, (to make which, find the Receipt in this Work.) It is a fingular Remedy against the Survey; helps all Obstructions, and the Afthma's, old Coughs, and shortness of Breath.

Basberries: Thefe are very Cordial and good in Tafte : The Syrup much availeth in Fevers. To make which : take these Directions: Cf the Juice clarified, and Sugar; take an equal quantity, boil them to a Syrup and stop or cover the Vessel close: It is very cooling and pleafant, and is to be given in hot Difeafes. Again, Take the Syrup of Rasberries and Clove-Gilliflowers, each two ounces; of the Juice of Kermes, one ounce: make a white Mixture, and take a spoonful every Morning; and it is an excellent Cordial for Women before Delivery.

Basberries

Rasberries to Preferbe : Take the weight of your Rasberries in fine Sugar, take fome Rasberries, and bruise them a little, then take the Juice of the bruised Rasberries, and the weight of it in Sugar, and your other Sugar, named before, and boil it, and fcum it, then put in your whole Rasberries, and boil them up once, then let them stand over the Fire without boiling till you fee it will Jelly, and that it look clear, then take up your Rasberries one by one, and put them in Glasses, then boil your Syrup, and put it over them.

Basberry Cart: Take Puff-Paste, rolled thin, and lay it into your Baking-Pan, then lay in your Rasberries, and cover them with fine Sugar, then close your Tart, and bake it, then cut it up, and put in half a pint of Cream, the Yolks of two or three Eggs well beaten, and a little Sugar; then serve it in cold with the Lid off, and Sugar strew'd upon the brims of the

Dish.

Baspis, a Jelly of: Take of the Fruit pretty ripe, set them over the Fire in a Posnet, and extract the thin Juice, cooling the bottom of the Skillet, as you find occasion, with fair Water: then strain them with a fine Strainer, and when as much is taken as can be, add the like weight of Sugar, and boil them up into a Jelly.

Balpis, a Dprup: Take nine quarts of Raspis, or Rasberries gathered dry, and clean pickt, fput them into four quarts of Canary in an earthen Pot, and paste or lute it up very close, keep it in a cool Place ten Days; then digest them in a Glass Still, adding a fourth part of the former quantity, and fresh Berries, and Wine: and when all the colour is taken out of the Berries, strain out the remaining Liquid part, and put as much Sugar as will boil it up into a Syrup, keeping it scumming during the boiling.

Bats to Bill. See Dice.

Battle-Grass: Of these there are two kinds, viz. Red and Yellow. The first of these is used to heal up Fistula's, hollow Ulcers, and to stay the Flux of Humours, and Fluxes of Blood, being boiled in Claret, or other red Wine, and drank hot about a quarter of a pint at a time.

The Yellow fort is by some called Cocks-Comb, and is held to be good for those that are afflicted with Coughs, Catarrhs, and the like; or Dimness of the Sight, if the Herb boiled with Beans, and a little Honey added to it, be drank, or dropt into the Eyes.

The whole Seed being put into the Eyes, draweth out any Skin, Film, or Dimness from the Sight without any trouble or pain.

Batetgh, his Cozdial-Ma-

ter: Take a gallon of Strawberries, put to them a pint of Aqua-vitæ, and so let them stand four Days: then strain them out, and sweeten the Liquid part with fine Sugar, and add, if you please, a grain of Musk. This greatly revives the Heart, and is good, a spoonful or two taken at a time, in Violent Fevers.

Red daping Dintment: Take Olive oil two pound, and white Bees wax half a pound; melt them together over a gentle Fire; then take them off, and ftir them together with a wooden Spatula till they begin to thicken, and then add the following Pouders, viz. Calaminaris-stone, and Bole-Armoniack, of each four ounces; Litharge of Gold. and Ceruffe of each three ounces: Camphire one dram: put these into the Ointment, stirring it till it becomes cold; then add a drop or two of the Spirit of Wine.

This Red Ointment is drying and cooling: it closes and strengthens, and stops Defluxions, that fall upon the Parts. It digests and confumes the superfluous moi sture of Wounds, and Ulcers, and is of great use to sinish the healing Part, and hasten the Cure. &c.

Redness in the Epes: This often proceeds from the over-abundance of Blood that flows into the Eyes; and in this case it is necessary, if need require it, to bleed by Cuping-Glass, applied to the Shoulders; and purge the Body; and outwardly to apply such things to the Eyes, as may repercuss and drive back the Humours offending. To do which,

Take the White of an Egg, beat it up to a very fine thinness with Woman's Milk, and drop it into the Eyes by degrees, cooling and keeping them close when it is dropped in. Or.

Take Linfeed, boil it in Water, and wet a Sponge in the Decoction and lay it warm on the Eyes: or do it in like manner with the Decoction of Fenugreek and Camomil; or the Juice of Night-shade beaten up with the Oil of Roses, and the White of an Egg; and dip a Linen Cloth in it, and lay it on the Eye, when you lie down to take your rest.

Rednels of the Epes: Take Camphire a quarter of an ounce, Dragons-Blood and Bolus, of each half an ounce; Verdigrease bruised and sifted very fine, an ounce: infuse these in a rint of the distilled Water of large Plantane, often shaking them; wash the Eyes with the Water often, and it will take away the Redness and Pains, asswage the Swelling of the Eyes that have long fo continued, and may be used as an excellent Mouth-water for impoitumated Sores or Ulcerations.

Being

Beins Bunning: Take a Parsnip, slice it very thin, and boil it soft in the new Milk of a Red Cow, till it looks very white, take it out, and mash it with the Juice of Oak-Apples, or for want of them, Acorns or Oak-leaves; and sweetening lit with a little Sugar beat up in Butter, eat of this Morning and Evening moderately, for three or four

Days successively.

Or you may take every night, going to Bed, two or three grains of our Volatile Laudanum, for eight, or twelve, or fixteen Nights, more or lefs, as you fee occasion, and if it is Virulent and Inveterate, first purge three or four times with our Family Pills; then after the Purging take the Laudanum, and five or fix times a day inject into the Tard (with a Kand Syring) this following Injection: Take Plantane Water a quart, Roch Allum, White Vitriol, Saccharum Saturni, of each two drams; mix and diffolve, to which add Spirit of Wine four ounces, digest ten Days, then filter through brown Paper, and keep the clean Water for ufe.

Best-Barrom: The Bark and Root provoke Urin, expel Gravel, ease the Pains of the Teeth and open Obstructions of the Liver, being infused in Wine, or in Posset-drink, and drank fasting.

Restrictive Dintment: Take two quarts of Olive-oil dried, Whortle-berries half a pound, Green Servifes, and the Juice of Whartle-berries, of each a pound; Roach-Alom a pound and half: put the Berries into a large earthen Por well glazed, pour in the Oil, and dissolve the A-Iom in the Juices, and fo put it in with them, and cover the Pot : fet it boiling in a Bath till the moisture is near confumed, then prefs out strongly the Matter; and having separated the Oil from the Faces, take the same Oil three pound, white Bees-wax nine ounces, melt the Wax in the same Pot and Bath, then the Pot being taken off, ftir the Qintment with a wooden Spatula; and when it thickens and grows half cold, take Cypreis Nuts, Whortle-berries, Pomgranate-flowers, and Rinds, Acorns, the Stones of Grapes, Grains of Sumach, Burnt-Alom, Mastick, Acacia, burn the Alom in an ordinary Fire; then beat the other things into Pouder, with the rest of the Ingredients, the Mastick excepted, which must be beaten a-part; and having fifted the Pouders thus prepared, mix them with the Ointment, ftirring it till it becomes cold.

This is a good Styptick Ointment applied with Success to the Reins to strengthen them; also the Ligaments of the Matrix, the Descent whereof it hinders, and prevents Abortion, by anointing the entrance thereof, and the lower

Part of the Belly. It is also luccessfully used to close the Neck of the Matrix after Lyand to confolidate what Defects may have happened in difficult Labour : It is also very proper against the Relaxation of the ffrait Guts, apply'd without, and put into the Fundament; and to ftop the unreasonable Loss of Blood in Women applied to the Region of the Reins and Liver, and all the Belly: It is also laid upon the Stomach to flay Vomiting. This Ointment causes not Heat, and is the best known for Cleanling and Confolidation.

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Rheubarb : The Root only of this Indian Drugg is here preferred : It is an excellent Medicine, gentle and without danger, wherein many Virtues are comprised: It cleanfeth and fortifieth the Stomach and Liver, heals the Pains and Prickings of them, clears the Blood, openeth and bealeth all Maladies that proceed from Stoppages, as the Jaundice, Dropfie, Swelling of the Spleen, and long Fevers: It is good against Spirting of Blood, and stops it. It may be moderately taken at all convenient times without danger. The Chewing of it purges Choler and Flegm. It is excellent boiled and taken in Poffer-drink before the cold Fit of an Ague comes, and is indeed extolled by all ingemous Phylicians for the Cure of Fluxes of the Belly, of all kinds, which it does eafily, surely, and without any evil Symptom succeeding it, and therefore is accounted as the most excellent of Roots that ever was brought into this Nation from any Foreign Parts.

iRheum: Take a pint of Malmfey, or Mufcadel, boil it gently, thicken it to a kind of a Syrup with five ounces of fine Sugar: then put in four ounces of the Juice of Corn. Poppy Flowers, and being cool, bruife a Licorice-flick at one end : and when you take it. which will be best towards Bed time, dip the bruised end of the Stick in it, and fuck from that about as much as comes to an ounce at a time. This is excellent good likewife against Colds, and cleanfes the Stomach and Lungs of offensive Matters.

Rheum to Day up : Take Lettice-feeds, white Poppey feeds, and Purslain-feeds, of each a dram: Tragacanth. Gum-Arabick, and Saffron. of each half a dram, Opium three grains: bruife and pouder thefe, and make them up into a Paste Lozinge-wile, with Syrup of Red Poppies; and when you take one of them in a Morning, and at Night. Bruise it, and put it into a little Wine; then keep your felf warm, and as much from the Air as may be.

If the Catarrh or Rheum is V. homent and has been of long continuance.

continuance, it will [carcely be possible to be cured without the use of Laudanum : In this case take our Volatile Laudanum from three grains to fix, nine, or twelve grains or more, gradually increafing the Dufe, as the Patient can bear it, every Night going to Bed: and Morning and Noon take as much as a Chefinut of this Electuary. Take Pulp of Green Ginger four ounces, Syrup of the Same three ounces : Flowers of Sulphur, Catechu, Jesuits Bark, of each an ounce, all which being in fine Pouder, mix with the former things and make an Elettuary.

Blicumatick Eyes: First gently Purge the Head and Body, and let the Patient sweat a little: Then use the following Pouder for the

Eyes:

Take Tuttia prepared an ounce and a quarter, Red Coral, and Yellow Mirobolans, of each a quarter of an ounce; Pepper half a dram: pouder them very finely, and ftrew some of it in the corners of the Eyes: This do frequently, and the Rheum will be removed; and then by washing, the fight may recover its clearness. Or,

Take Rain water, boil in it Myrtle-feeds, and Gall-nuts, fine Bolus, and Cypressnuts; and with the Decoction well strained and settled, wash the Eyes Morning and

Evening,

Rice: This nourishes mainly, but it is made of more easie Digestion, than to be eat as the Turks use it with their Mutton, and other Meats. with only boiling it with them as we do Roots or Herbs : being boiled in Cows-Milk. or Almond-Milk, it is very good to give to fuch as are troubled with the Lax, and Colick. The Flour of it is very good in repercussive Plaisters. It stays Inflammations in the Breafts of Women, and helpeth them. The Decoction of Rice is very profitable in Clysters, given in Laxes, or Fluxes; and boiled in your common Drink, it allays Heart-burning and the Heat of the Liver.

Bice . Cream of spills: Take a quart of either of them, then put in two handfuls of Rice Flour, and a little fine Flour, as much Sugar as is fit, the Yolk of an Egg and some Rose-water.

Bickets: Take about fix Shell-fnails, and if you can get them, those that hang about Wines, wash them when taken out of the Shells, and boil them in a pint of new Milk, to the confumption of half of it : then take out the Snails, put in Bread and Sugar, and give it the Child troubled with the Rickets to eat : and let it do this Night and Morning for nine or ten Days, and use the following Ointment for anointing the Back,

Back, Stomach, and other

Partsafflicted, viz.

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Take Oil of Olives half a pint, two ounces of the Oil of Camomil, Oil of Limons one ounce, two drams of Mace beaten very fine, grate into these some White Bread, set them into an Oven in an earthen Pot, when the Bread is drawn, and the Oven pretty hot; then strain it and use it warm.

The only thing to Cure the Rickets in Children is, Ens Veneris, which may be given from Four Grains to Twelve, according to Age and Strength: you may give it in this Decodion; Take fair Water two quarts, Figs flit, Raifins of the Sun stoned, Currans, of each four ounces, Liver-wort, Hysfop, of each two ounces, Green Liquorice bruised one ounce, boil all together for half an Hour or better, then Strain it out, and keep it for the Child's ordinary Drink.

Boach-Blom, it Virtues: Take Roach-Alom an ounce, beat it into Pouder, and add as much Vitriol likewise in Pouder; dissolve these in Spring-water, and filter it after they have stood a conside-

rable time.

This cures all manner of Tetters, Ringworms, Herpes, Scurf, Morphew, or Breakings-out in any Part of the Body, tending to Deformity, if the Place be washed with the Water these were dissolved in, two or three times a Day.

This Alom-water, without the Vitriol, is good to cleanse Wounds, and Ulcers: And being burnt in a rufty Fireshovel, or on an old Iron Plate, till it becomes light. fpongy, and white, the Pouder of it will confume by degrees, and with little Pain . the moist and spongy Flesh. and Excrescences in Wounds and Ulcers, and in the Lips. commonly called Proud Flesh. It also hinders Corruption. diffipates and diffolves humid Tumours. It whitens the Teeth, being rubbed with it. and fastens them : and being mingled with Sage-Water, and Honey, is good against the Scurvy, or Defects of the Gums, that make them shrink away and decrease, that many times the Teeth fall out.

Boaft Difters : large Oisters, cut them out of the Shells into a Veffel with their Liquor but fo, that no Gravel may be among them; fer them then on the Fire covered, till they are scalded. draw eight or ten stripes of Lard through each Oister, feafoned with Nutmegs, Cloves, and Pepper very finely beaten and fifted; then put them on two fmall Lard-spits, tye them together, and in the roafting bafte them with Anchoves diffolved in Water, dridge them over with fine Bread, then with what falls from them make a Sauce, only add the Juice of a Limon; and when

when they are prettty brown, take them off, and ferve them UP.

Boatt Sca- fowl : Draw them, and trufs them, roaft them larded, or unlarded, astheir Particulars require; then take fome Claret-Vinegar, two or three Ancoves, the Gravey in which the Gizards were boiled, with Pepper, some hard Yolks of Eggs beat up but very thinly with these : and garnish them with stewed Oisters and Limon Slices, or Camphire and Bay-berries.

There is a Rob iRob: made of Barberries in this manner: Put to the Juice of Barberries one pound, or a pint, half a pint of white Sugar, and with the gentle heat of the Bath make it into a due thickness.

This is excellent good in hot Difeates, quenches Thirft. and cools the Stomach, and creates an Appetite.

Bob, or, Juice of Licoetce: Take the Roots well cleansed and bruised, but yet to gently, that the Liquor may not fly away. Infuse the bruifed Root three Days in fair Water, so much as may rife fivo Inches above them : and after it has boiled a little, press out the Liquid part, and boil it with a gentle heat to the due confistence of a Rob or Juice

This is exceeding good for Coughs, and most Diffeates of

the Lungs Of this, as the former, you may take half an ounce at a time twice or

thrice a day.

Bocket, or Creffes: This is called Winter Rocket, or Winter-Cresses; it Flowers about May, and Seeds in June : It provokes Urin, helps the Strangury, and helps Gravel and Stone : It is successful in the Scurvy, good in cleanling Wounds The Juice or Decoction being drank, or out, wardly applied to Ulcers and Sores, by its tharpness cleanles them.

There is another fort called Garden-Rocket, which is more used in Sallads than Physick, But another fort called the Wild-Rocket, is more ftrong and effectual to help Digeftion and provoke Urin. Seed is applied to cure the Biting of venomous Creatures. and expel Worms that breed in the Body. The Herb beiled; or stewed, and Sugar added to it, is very available in the Cough, or Cold, especially taken by Children. Seed often taken in Drink takes away the ramish Scent of the Skin. It encreases in Nurses, and a-Milk the Swelling of the bares Spleen; and mixed with a little Honey over a gentle Fire, if you anoint the Face with it, it will cleanse the Skin from Spots, Morphew, and other Discolourings; and in Vinegar it takes away Freckles

and Redness, not only in the Face, but in other Parts; and mixed with an Ox gall, it smooths slight Scars, Wrinkles, Marks with the Smallpox, Black and Blew Spots, and the like.

Bocket-outilo: This is hot and dry, and its chief use is to stimulate Venery, and is a prefervative against Apoplexies; outwardly applied as a Poultis, it draws out Thorns and

Splinters.

Rolls fine: Take half a Peck of fine Flour, the Yolks of four Eggs, and a little Salt, with a pint of Ale Yest, mix them together, and make them into a Paste with warm Milk, and a little Sack, then mold it well, and put it into a warm Cloth to rise, when your Oven is hot, mould it again and make it into little Rolls, and bake them, then rasp them and put them into the Oven again for a while and they will eat very crisp and fine.

Rolls Short: Take halfa Peck of fine Flour, and break into it one pound and a half of fresh Butter, very small, then bruised Coriander-Seeds, and beaten Spice, with a very little Salt and some Sugar, and a pint of Ale-Yeast, mix them well together and make them into a Paste, with warm Milk and Sack. Then lay it into a warm Cloth to rise, and when your Oven is hot, make it into Rolls, prick them, and bake them, and when they are baked, draw them and cover them till they be cold; these ear finely; you may Butter some of them while hot.

Bofa Solis: The Herb or Plant so called, or in English Sun-dew, is hot and dry in the third degree, sharp and quick, and of subtle Parts. The Leaves beaten with Salt. and applied, are held to raife Blifters and Exulcerations. The distilled Water of the whole Herb, is very Cordial, and held by Physicians to be greatly available in the Confumption, falt Rheums distilling on the Lungs, Wheefings, and Shortness of Breath: also heals Ulcers of the Lungs. comforts the Heart, and revives the fading Spirits.

A distilled Water called Rosa Solis, being by all held to be a very excellent Cordial. and an Essence of the Juice strengthens the Stomach, Head, Heart, and Liver, also the Bowels, and gives eate to Wounds: It is very famous in the Epilepsie, Plague, and all forts of malignant and pestilential Diseases. Held in the Mouth it cures the Toothach, and drank in a Glass of Wine it provokes the Terms. and expels the Birth. The Herb is held to cure Quartan-Agues, if applied fix Hours to the Pulse, and the Party bathed with the Water, or Decoction of it, and often repeated. The distilled Water drawn in a glass Still, is of a glittering

glittering yellow Colour like Gold.

Rosa Solis, the Water: Take of Aqua with two quarts, in which four handfuls of the Herb Rosa Solis has been infased, Sugar finely poudered a pound and an half, Milk Water a pint and a half; then put to it half an ounce of Cinamon poudered, and strain it through a Gloath with two grains of Musk, and half an ounce of Sugar-candy.

Bose Leaves to Dzy: Pick your Roses, and dry them upon the Leads of a House in a Sun-shine Day, turn them as you do Hay, and when they are through dry, keep them in broad mouth'd Glasses close stope.

Role = Lozenges: Take Provence or Damask-Roses when they are in their prime of flowring, beat them very fine and fmall, yet lole as little of the Juice and Scent as may be; then fprinkle over them Citron, or Limon-Juice, cover them close, and add as much fair Water or Whitewine, as will boil them up a little till they become tender: then having fine Sugar boiled up to a Candy height, put them into it boiling, exempted from the Water and Juices, and keep them well flirring about a confiderable time: then take out the Sugar and Roses, so mixed, with a Spoon, and lay it on Pyeplates; make it thin as is con-

venient, and cut it out into what form you please.

Rosemary-Mater: Take the Flowers and Leaves of Rosemary when they are at their best, half a pound, of the Root of Elicampane four ounces, Red Sage a handful, Cloves three ounces, and a like quantity of Mace, Anifeeds twelve ounces; beat the Spices separately, and the Herbs together; put to them four gallons of White-wine: and having infused them for the space of seven Days, distill them.

This Water greatly comforteth the Heart, removeth Pains of the Stomach, creates a good colour, and gently purgeth the Blood by breathing Sweats.

Bole-Water: Take Rofes, when just blown, before they open too much, and lote their fragrancy in the Air, gather them when the Sun has dried off the Dew or Moifture; and having picked the Leaves from the Statks, without fuffering any Seeds to fcatter among them, fpread them on a clean Carpet free from Dust, till they are altogether free from any moisture: then put them into a pewter Still, and make a Fire under them gently by degrees, and fasten your Bottle, 'or Receiver to the Nose of the Still, tying Paper, or Linen about it, to keep in the fcent; and

so corking them up, when full of the Water, within an inch of the Cork, fet them in the Sun two or three Days, and then in a warm Place especially, left the Frost take them, and either break the Bottles, or spoil the Scent of the Water.

Boles and Billiflowers to keep long : Take them when they are very fresh, and in the Bud, and gathered very dry, dip them in the Whites of Eggs well beaten, and prefently strew thereon fearced Sugar, and put them up in luted Pots, and fet them in a cool Place, in Sand or Gravel, and with a fillip of your Finger at any time, you may strike of the Coat, and you will have the Flower fresh and fair.

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Rofes. an Dil Com= pound: Take fresh Red Rofes bruifed one pound, Juice of Red Roses four ounces. common Oil four pound, put them into a glazed earthen Pot with a narrow Neck, and stop it well: fet it in the Sun to macerate, and having boiled it in Balneo Mariæ, strain and press out the Liquor, and return it into the same Vessel again; do the like two or three times: then purifie the Oil, and keep it for use. If there be any moisture in it, it will be easie to separate it, because it falls to the bottom.

This Oil dulcifies and dif-

fipates Fluxions that fall upon the external Parts. It extinguishes Inflammations, and hinders the descent of the Humours, and appeales Pains; it tempers the heat of the Stomach, and the heat in the Reins; it affwageth the Pains in the Head, as also Deliriums, and provokes Sleep, dulcifying the sharp Humours that interrupt by their Acrimony. It must be warmed before you anoint the Part with it. It may be also internally given against the Worms and Dysenteries, from half an ounce to an ounce: It is good to anoint the Parts upon Fractures, and Diflocations of Bones. It is mixed with equal Parts of Vinegar of Roles, to anoint the Head when shaved, for the abating the Vapours that afcend in burning Fevers, which too frequently cause want of Sleep, and Deliriums. This Oil also mixed in Pain-easing, and dissolving Liniments, and Cataplasms, and softening Plaifters, to give them the confistence of Searcloath, is of fingular use. The fame way that this is prepared, you may prepare the Oils of Myrtle, Melilot, Elder-Water, Lilies or Nimphæa, Chamomile, Violets, Lilies, O.c.

Rofes-Red, Dig : There is a Syrup however to be made of these, upon necessity; and to do it, Take two quarts of Water, make it pretty warm,

and infuse in it for the space of twenty four Hours sour or five handfuls of dried Roses; and when the Scent of them is gone mostly into the Water, put fresh ones, and squeeze them at the taking out, and into this Water dissolve two pound of white Sugar, and so dissolve it into a Syrup.

This mitigates the hot Difeases of the Brain, asswages Thirst, strengthens the Stomach, causes Sleep, stays the Flux of the Belly, and agglutinates and mundifies Ul-

cers.

Boles, a Dimple Dil:
Take fresh Red Roses bruised
two pound, the Juice of them
half a pound, and common
Oil five pints; put them all
together in an earthen glazed
Pot covered, and let them, if
possible, macerate thirty or
forty Days in the Sun; then
boil them in Balneo Maria,
and press out the Oil very
hard, and keep it for use.

It is cooling, affwages Heat, mollifies Swellings, and is good

in Burns, or Scalds.

Bosin, its Virtues: The Rosin of the Larch or Turpentine-Tree, is hot, emollient, cleansing, healing, vulnerary, and pectoral, &c. It heals Ulcers in the Lungs, helps and stops the Gonorrhæa. It gently provokes Urin, and opens the Obstruction of the Reins, Ureters, and Bladder. The Dose in Pouder is from one dram to two

Outwardly, it is u drams. fed in Balfams, Ointments, and Emplaisters. It foftens Tumours, and ripens them, if. made up with Beef or Muttonfuet. It ripens and heals Felons and Whitlows, and cures them when they break, cleanfes Ulcers, and heals green Wounds; is much available in the Pains of the Gout, and all other Aches, and Pains proceeding from a cold Cause. Helps Strains and Hurts of the Nerves and Muscles, strengthens weak Limbs.

Of this, Spirits, Oil, and Balfam, are extracted, by diffillation, in a large Retort in Sand, distilling first with a very gentle Heat, till all the Flegm, and Spirit, (in which is contained the volatile Salt) is come over; and then gradually encreasing the Fire to force over the Oil and Balfam, which are to be rectified from Colcothar, or Bone-Ashes.

This Spirit is very Excellent: For it takes off the tartarous Mucilage in the Lungs, Reins, Breaft, and Stomach, Ureters and Bladder, It hinders the generation of the Stone and Gout. The Dose is from one to three drams.

The Oil dissolves Tumours of the Gout, strengthens the Nerves, cures the Palsie, Tumours, Wounds, and Ulcers, and all manner of Convulsions Cramps, Aches, Pains, Strains, and Bruises proceeding from a cold Cause, or Violence,

Violence, the Part grieved being often anointed with it. The Balfam has the fame Virtue, but not so penetrating, and therefore is mostly used in the curing old Sores, Fiftula's, Ulcers, Pain in the Gout

and Sciatica's, &c.

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Rue: This is for its wonderful Virtues called the Herb of Grace. 'Tis very Attenuative, Incifive and Digestive, Resolutive, and Provocative. It driveth out Windiness, by reason of its heat in the third Degree, and not only sharp in Taft, but bitter also, by reafon whereof it may refolve and penetrate groß and clammy Humours; and through the fame qualities provoke Urine. It consists of subtil Parts, and is numbred among Medicines, which are great dryers; and therefore it is good against Inflammations, asswaging any luftful Appetite. The Seed boiled, and drank in Wine, greatly relifts Poison. The Leaves eaten alone, or made into a Conserve; if the Party take half an ounce fasting, it resists ill Airs, causeth pestilential Fevers, and confequently the Plague. The Decoction drank, easeth Pains in the Breafts and Sides, Inflammations of the Liver, and the Pains of the Gout; also the Shaking of Agues. Being eaten raw, it cleareth the Difficulties of Breathing, and

French Cherries dried, it allayeth the Pains and Heaviness of the Eyes: and with Oil of Rofes and Vinegar, it eafeth the Head-ach. Being bruised and put up the Nostrils it stays Bleeding. The distiled Water of it infused into an equal portion of Wine and Rofewater, is very foveraign for any Pains in the Head, or Sto-

mach.

Bue of the Deadow: This is to be found on the Borders of moist Meadows, and by Ditch fides, flowring towards the end of July, and beginning of August. Dioscorides highly approves it for Bruifes, and the healing of old Sores, being applied to them Poultis-wife, or they washed with the Juice: The distilled Water and Flower of this Herb have the like Virtue. Some People use it shred among common Pot-herbs in their Broth, for opening Obstructions of the Body, and to render it soluble: But the Roots clean washed, shred, or fliced, and boiled in Ale, I hold to operate more in that kind, than the Leaves, yet they provoke Stool, but very gently. The Roots boiled in Water, destroy Lice and Vermin, incident to humane Bodies, by only anointing the Places with their Decoction. Camerarius tells us, That it is in Sight, and is good against great Esteem in Italy, as an Antidote against the Plague, the Cough, Being mixed with and that the Saxons use it With with fuccess in the Yellow

Taundice.

Buffs , and Bedhanks. to Woil: Take these Fowl, put them upon a Spir, and lay them to the Fire with a little Bafting, till they are half roafted; then having Water boilling in a Pipkin, after you have fluck a few Cloves about them, put them into it, (but it must be very little;) and when they have taken a warm or two, put out all the VVater to a pint: then put in fome Claret-wine, and strong Broth, a few Mace and Cloves. with the Gravy that dropt · from them when they were roasting, then add some Pepper, Ginger, fried Onions, and Salt: flew all well together, and ferve them up on Sippets.

Rupture: Having a good Truss, Take Comfry half a handful, bruise it well with the Filings of Iron, spread it thin on a Plaister of Diachylum, and apply it to the Rupture, and keep it close up: and by often renewing it, great

Advantage is found.

Bupture-Most: This is mostly found on dry, sandy, and rockey Places It is Excellent in the Curing of Ruptures, not only in Children, but also in those of Years, if the Distemper be not too inveterate; by taking a dram of the Pouder of the dried Herb in a glass of VVine for a considerable time: or

the distilled VVater or Juice of the green Herb taken in like manner. It helpeth likewife all other Fluxes in Men or VVomen, Vomitings, and the Gonorrhæa, and Running of the Reins, by being taken either of the ways mention'd. It helpeth those that have the Strangury and Stoppage in Urine, Stone or Gravel in the Reins, or Bladder; helps Stitches in the Side, or gri-ping Pains in the Stomach and Belly, Obstruction of the Liver, VVorms, Yellow-Jaundice, Defluxions, and foul Ulcers.

Buthes: These some hold so inconsiderable, that it is of no value, but for making Candle-VVicks: But learned Phylicians, who have fearched more curiously into the abstrufe Secrets of Nature, 'are not of their Opinion. Dio-Scorides, Galen, and Pliny agree, being poudered and drank in VVine, it stayeth the Lask in VVomen's Courses, provokes Sleep, (but must be taken with caution, left they cause Pains in the Head.) The Root boiled in VVater to the confumption of a third part, doth mainly help the Cough.

Bye: This grain boiled in VVater or VVine to a strength, and drank, viz. the Decoction, kills VV orms in the Belly, and brings them away, especially if Coriander-seeds be

boiled with it.

Eggs beat the Yolks and VVhites together, and ftrain them into a quart of Cream, season it with Nutmeg, Cinamon and Sugar, put to them a Pint of Canary, shir them well together, put them in your Bason, then set it over a Chassing-Dish of Coals, and shir it till it be indifferently thick, then scrape on Sugar and serve it

Sannels to help: Take English Saffron, half an ounce, Cochenele in fine Pouder two drams, choice Canary a gallon, mix and digest for twelve days: then decant the clear Wine from the fæces; to this Wine, add of strong Cinnamon. Water a quart: mix and keep it for use. It is a famous thing to cure Sadness, Heaviness, and Melancholy, gives Life and Spirit, and causes a seetledness of Mind, and withal gives Pleasantness and Chearfulness.

fron: The best Saffron is that which tinctures your Hands upon a gentle touch, and smelleth somewhat sharp, and is not very brittle. In property it is good for the weakness of the Stomach, and faintness of Heart; and being taken in a small quantity of Wine, it preserveth from Drunkenness, and healeth the Bitings of Serpents, and Stinging of Spiders: It is reftorative. The too much Smell thereof is bad for the Brain, and the taking too much of it is troublesome to the Spirits.

Dage: This is a fingular Remedy against all cold and phlegmatick Difeases in the Head, and against all Pains of the Joints, either being taken in Drink, or applied in Fomentation; wherefore it is very good for those that have the Falling-fickness, or fubject to Lethargies, or have at certain times their Members benumb'd, or sensles: It availeth much against the Defluxions of Flegm, and Maladies, incident to the Breaft; and is very advantageous for Women with Child to eat it often, especially if they are subject to travail before their time; for it keepeth the Child in the Womb, and doth quicken it. If a Person subject to spit Blood, take three or four spoonfuls of Honey with the Juice of Sage, double the quantity, in a Morning fasting, the Blood will be flay'd in twice or thrice The use of Sage fo doing. in Pottage, and otherwise, ferves to sharpen the Appetite, and cleanse the Stomach that's oppressed with ill Humours. Ia

In fine, when there is any occasion for heating, drying, or binding, use this Herb as a ve-

ry good Medicine.

Sallad-Grand: To make this of minced Meats, Mince Capon, Veal, dried Neatstongue in flices, Lettuce shred, fmall Olives and Capers. Mushrooms pickled. Samphire, Broom-buds, Limons or Oranger, Railins, Almonds, Potato's, Caparoons, or Crucifix-Peas, Currans pickl'd Oisters, and Tarragon. To dish this up, Take a little Tarragon and Lettuce, mince them imali, and put the feveral Things by themselves, and garnish the Dish with Oranges and Limons fliced, or in quarters.

Take a good hard Cabbage, and with a sharp Knife shave it so thin as you may not discern what it is, then serve it with Oil and Vinegar. Or take Corn Sallad clean picked, and also well washed, clear from the Water, put it into a Dish in some handsome form, with some Horse-Radish scraped, and some Oil and Vinegar.

Salmon fry'd: Take the Rand, Chine, or Jole of Salmon, and fry it, cut in thin flices in fweet Butter; and when you perceive it begins to grow crisp prepare your Sauce with Claret, sweet Butter, grated Nutmeg, the Juice of Oranges, and the Liquor of pickled Oisters, heat

them over a gentle Fire with continual beating, and pour them on the Filh; and for garnish, lay Sage-Leaves and Parsly fried in Butter, but not

too crifp.

Salmon Woiled : Chine your Salmon, then take a fide or more thereof, and cut the pieces into reasonable bignesses, wipe it only from the Blood, but do not wash it, then take no more Wine and Water (of each an equal proportion) than will cover it: having made the Liquor, boil with a handful of Salt, then put in your Salmon, make it boil up quick, adding a quart of Whitewine Vinegar, keeping up a stiff Fire, it will be boiled in half an Hour; then take it off, and let it cool, keeping it in a broad bottom'd earthen Pan, with the Liquor; but if you intend it shall be eaten hot. Dish it up presently, and Sauce it with Butter beaten up thick with Water, adding thereto the Yolks of three Eggs diffolved therein, some of the Liquor, grated Nutmeg, fliced Limon, poured thereon, garnishing the Dish with fine fierced Manchet, Barberries fliced, Limons, Spices, and fome greens fryed.

Salmon Stewed: Take a Rand or Jole, fry it, after that stew it in a Dish, on a Chassing-Dish of Charcoal, with some Claret-Wine, large Mace, sliced Nutmeg, Salt, Wine Wine Vinegar, fliced Orange, and some sweet Butter, when enough, and the Sauce thick, Dish it on Sippets, lay the Spices on it with some slices of Orange; garnish the Dish with some small Manchet, gra-

ted and finely fierced.

Salmon to Dichle : Take the Salmon and cut it in fix round Pieces, then boil it in Vinegar and Water, two parts of the former and one of the latter, put not in your Salmon till the Liquor has boiled half an Hour; your Salmon being boil'd, take it up and drain it, then take Rosemary Leaves, Bay Leaves, Cloves, Mace, and whole Pepper, a good quantity of each, and boil them in two quarts of White-Wine, and as much Vinegar, let these boil half an Hour, your Salmon being cold, rub it well with Pepper and Salt, and put it up in a Barrel with a lay of Salmon, and another of Spice, that is boil'd in the Liquor; having filled your Veffel, pour on the Liquor; Renew your Pickle once a quarter, and your Salmon will keep a Year.

Salmon frigaffed: Take a Piece of fresh Salmon, and cut it into the length or thickness of your fore Finger; then take some sweet Herbs with Parsly, and a little Fennel, and mince them very small; then take some Salt, Mace, Nutmeg, Ginger, Cloves, all beaten together, and put them to your Salmon,

with the Yolks of half a score Eggs, and mix them very well together, in the mean time get your Pan in readiness full of clarified Stuff and very hot, then with all the quicknels you can, fcatter your Fish with its Appurtenances, be fure you keep it from frying in Lumps; when it is three quarters fryed, pour away your Liquor from it, and in its room put in some Oister Liquor, fome White-Wine, fome large Oisters, Two Anchoves, a large Onion, Nutmeg and minced Thyme; being ready, dish it, and pour thereon the Yolks of four Eggs, beaten with some of the aforesaid Liquor, and run it over with drawn Butter, garnish it with Oysters, and ferve it up on Sippets.

Salmon De: Take a convenient piece of fresh Salmon, two quarts of Shrimps, or Prawns, and the like quanty of opened Oisters, a quarter of an ounce of whole Mace, the like of beaten Ginger and four Anchoves: mix what can be conveniently so order'd, spread the bottom of the Pie with Butter, lay in the Fish, and scatter the seasoning all over it, and uppermost a-

mother laying of Butter.

Salmon to Boast: Take
a Jole of Salmon, or a Rand,
and divide it into four Pieces,
season it with Salt and grated
Nutmeg, stick in it whole
Cloves, and put it on a convenient Spit, laying on it like-

wife

wife a few Bay-leaves, and Sprigs of Rosemary: then bast it with Butter, and save the Drippping to mingle with other Butter, to be served up in Sauce, mixed with Verjuice, the Juice of Oranges, and garnished with the slices of

Oranges.

Salt-Diuretica: Take the Urin of a healthful Man, and put it into as much Hungarian Vitriol powdered as it's capable to Dissolve; make the Dissolution in a large Vessel, that there may be room for Ebullition, which being ceased, put the Liquor into a glass Gucurbite covered with its Head, and distill off the Flegm and Spirit in a Sand Bath, first with a slow Fire, then with a gradual Fire encreased and sublime the wolatile Salt at last.

This Salt composed of the volatile Salt of Urine, and several acid Particles of the Vitriol, vigoroufly expels ferous Humours by Urin , the Paffages whereof It is to be taken in it opens. White-Wine , Diuretick Waters , or Decoctions, from a scruple to a aram. It is very available in Dropsies, disfolved in opening Decoctions; for which purpose you may mix the Spirit with your usual ordinary Drink. The Flegm applied to the Gout, afswages the Pain thereof. It is alfo good to allay the Inflammations of the Eyes.

Samphire to Dickle: Take two quarts of Water, to a Gallon of Vinegar, two great handfuls of Salt, pick your Samphire and wash it, and put it into a Pot, and the Liquor to it, and paste it close that no strength may come out, and fet it over Embers, not very hot, so let it stand two Days and two Nights, and be sure it doth not boil, then take it off, and open it, and let stand till it be cold, put it into another Pot with the same Liquor.

Sarfaparilla , en excellent Drug, much used in many Distempers. It is a very long Root, not much unlike to a small Cord, brought out of the Spanish West Indies. It's given in a Dyet-drink, ordinarily for the Cure of the French-Pox, or Gonorrhæa, and King's-Evil. To do this, Take a gallon of Water meally Sarfaparilla split, a handful; Raisins stoned, blue Figs split, and blue Currans, of each two ounces; Licorice; Carraways, Annifeeds, and Juniper-berries, and Fennel-feeds, an ounce of each bruised: mix and steep them twenty four Hours in the Water, then boil it to the confumption of one half; ftrain it out out and fuffer it to fettle: then when it is cold, bottle it up, putting into each Bottle half an ounce of white Sugar, and a quarter of a bruised Nutmeg.

Sauce for a Barbel: Take half a pound of Fresh Butter, with a little Verjuice, thicken

one or two Eggs.

Sauces foz Beef-Stakes: (1.) Beat Butter with the Juice of Limons, and garnish with flices and forigs of Parfly. (2.) Gravy and Butter. (3.) Mustard, Butter, and Vinegar. (4.) Butter, Vinegar, minced Capers, and grated Nutmeg; and if you defign to garnish them fundry ways, take either Parfley, Sage, Clary, Onions, Apples, Carrots, Parfnips, Skirrets, Spinage, Artichoaks, Pears, Quinces fliced, and fry them in Butter, and they indifferently ferve for any fort of fryed Meats whatfoever, according as your Palate best relishes, as Udders, Sweetbreads, Tongues, Rabbits, Chickens, and the like.

Dauce for a Capon: Take a penny White Loaf and grate it, and boil it in a little Water, with a whole Onion, and when you take it off, put to it a little fresh Butter and Sugar. Or a little White-Loaf fliced. and foaked in strong Broth, with Onions, boil it up in Gravy, Nutmeg, Limon, cut like Dice and drawn Butter, put it under your Capon, this ferves also for a Turkey, Phefant, Heath Pouts, &c.

Sauce for Carp: Cut fome fmall Oysters with a few Capers, Mace, Nutmeg, Salt, and Pepper, and boil them foftly on the Fire: then add a little fresh Butter, and some of the Blood of the Carp to

thicken it with the Yolks of it, and rub the Dish with a Clove of Garlick, dish it up with Bread foak'd in Sauce.

Dauces foz Chickens Boafted: (1.) Gravy and the Juice, or flices of Oranges. (2.) Mutton-Gravy, the Gravy of the Chickens, Verjuice and Butter. (3.) Butter and Vinegar boiled together with a little Sugar. Make thin Sippets of Bread, lay the roaft Chickens on them, and ferve them up hot. (4.) Wash a good handful of Sorrel . stamp it, prepare thin flices of Manchet, and put them into the Dish with some Vinegar. and the Juice of the Sorrel, Sugar, Gravy, beaten Cinnamon, and beaten Butter, fome flices of Limon and Orange, and ffrew thereon Cinnamon and Sugar. (5.) Sliced Orange, White-wine, Cinnamon, Rosewater, and a few Blades of Mace, 'Ginger, Sugar, and beaten Butter, fet them on a Chafing-Dish of Coals and flew them : then place fome flices of Manchet round the Dish, finely carved, and the Chickens being roafted well, lay them into the Sauce, and ferve them garnished with flices of Limon, Barberries,

and Pariley. Dauces for Duck, or Mallard: (1.) Vinegar and Sugar boiled to a Syrup with two or three Cloves, and a little Cinnamon, or Cloves only. (2.) Gravy of the Fowl, Oi-

fter

fter-Liquor, a whole Onion boiled in it, Nutmeg, Anchove : and if lean farce and lard them. (3.) Onions fliced, Carrots cut Dice fashion, boiled in strong Broth, and whitewine, or fome Gravy, minced Parsley, Savory shred fmall, Mace and Butter well Rewed together. This may indifferently ferve for divers kinds of wild Fowl, but more particularly for Water-Fowl.

Sauce for felbefare : Take a little Vinegar, with a little Orange-Peel, and a Whitebread Toaft, with a whole Onion, these put in a Pan under them, and after ferve them up together. This will ferve di-

vers other Birds.

Sauces for Green-Beele : (1.) Mince Sorrel, and Sage, stamp them with Bread, and the Yolks of Eggs hard by boiling, and grated, or fliced Pepper, Salt, and Vinegar. (2.) Stamp Sorrel, Whitebread, and the flices of Pippins, or other hard Apples. put Wine-Vinegar and Sugar to them; then press out the liquid Part through a fine Cloath, put it into Sawcers, and scraping Sugar into it, ferve it up. (3.) The Juices of Limon, Sorrel, grated Bread and Sugar: Garnish with Parsley, the slices of Limons, or Oranges; or, for want of them, with Barberries, and Tops of Rosemary, and fo ferve them up. Thefe

young Ducks, Teal, or Widgeon. (4.) Take the Juice of Sorrel mixed with scalded Gooseberries, and ferved on Sippets and Sugar with beaten Butter.

Sauces for Bares : If a Hare be roasted, take the following Sauces as your Palate

best relishes.

(1.) Beaten Cinnamon, Ginger, Nutmeg, and Pepper, boiled Prunes in Whitewine. (2.) Currans strained, muskefy'd Bisket bread beaten to Pouder, Sugar and Cloves boiled in Water to the thick-

ness of a Grewel.

Having made thefe Sawces, or prepared them for making, Take the Hare, flea it, and lard it over with fmall Lard, flick it with Cloves, and put a Pudding into the Belly of it, made of grated Bread, grated Nutmeg, beaten Cinnamon, Salt, Currans, Eggs, Cream; make it stiff and good, fill the Hare and roaft it: and if you defire to have this Pudding green, put to it the Juice of Spinnage, or Parfly; if yellow, Saffron, or Turmerick; if red, Turn-sole.

Dauce for Bens, or Pullets, Boatted: Take the Yolks of fix hard Eggs, minced fmall, put them in Whitewine, or Wine-Vinegar- with beaten Butter and the Gravy. (2.) Juice of Oranges, Pepper, Salt, and Gravy, boiled with the Neck, Liver, Heart, Sauces may serve likewise for land Gizzards, and add Mu-

flard

flard if you pleafe. (3.) Beer, Salt, the Yolk of three hard Eggs minced, or grated Bread, three or four spoonful of Gravy; and when thefe are well beat up, put in two or three flices of Orange, or Limon, with Limon-peel shred small. (4.) Beaten Butter, with the Juice of Orange, or Limon, White or Claret-Wine, well mingled and beat up with the Butter. (5.) Take Gravy and Claret-Wine, boil in it some flices of Onion, Nutmeg, and Salt, serve it up with lices of Orange and Limon. (6.) Oister-Liquor, an Anchove or two, fliced Nutmeg, Gravy, and rub the Dish with Onion or Shalot. (7.) The Yolk of Eggs hard boiled, and Limonpeel, mince them very fmall, and flew them in Whitewine, Salt, and the Gravy of the Fowl.

Sauce for Larks Roafted: Lard them and when they are roafted, make your Sauce with crumbs of White-bread, Water and Salt boil'd together.

Sauce for Land - fowl : Take boiled Prunes, and strain the Pulp into a little of the Blood of the Fowl; add then Cinnamon and Ginger finely beaten, boil'd with a little Sugar to an indifferent thickness, and ferve in the Dish, with the Gravy of the Fowl.

Sauce for a Loin of Meal : Take Thyme, Pennyroyal, Mint, Sage; and Marjoram,

the Yolks of 'em with a little Salt, and grated. Nurmeg: then the Herbs being shred in, boil them together with a few Currans, beaten Cinnamon. Sugar, and fome whole Cloves. dish it on this Sauce, and garnish it with slices of Oran-

For a Leg of Veal the fol-

lowing Sauce:

Stuff it with Beef-fuet feafoned with Nutmeg, Salt, and the Yolks of two or three raw Eggs well mixed with the other: then make Sauce with the Gravy that drips from it, when the Fat is blown off; and giving it two or three warms on the Fire, fqueeze in the Juice of two or three Oranges: Garnish it with Violet-flowers, Parfly, and Oranges fliced.

Sauce for Mutton Boafted: Gravy, Capers, Camphire and Salt, flew them well together in two Waters, Onions, Claret, Wine, fliced Nutmeg, and Gravy boiled up, with three whole Onions, stewed in strong Broth or

Gravy.

Sauce foz Mutton Boil'd: Take the best Prunes and stew them well with White-wine, or Claret, and fome whole Spice, then strain them into a Dish, and set it over a Chafing-Dish of Coals, put to it a little grated Bread, Juice of Limon and a little Salt, then lay your Legs, or other Joint boil two Eggs hard, and shred of Mutton, into a Dish, be-

ing

ing well boiled, pour your jvy that falls from the Pig. Sauce to it : Garnish your Dish with Limon, Barberries, and Parsley, (2.) Capers heat in their Liquor with Vinegar and Sugar, pour'd out with Sippets of White-Bread in the Difh.

Sauces for Bigs: When your Pig is drawn, prick up the Belly with a Crust, and a little chopt Sage in it, or a Pudding of grated Bread, Currans, and beaten Mace. lay it to the Fire, but not too near at first, for fear of fcorching; and when it is a quarter roasted, if you bast it not well, then bread it with grated White-bread, Currans, and Sugar bruised together, and dried again, fo that they may flick on: then being roasted, draw it, and serve it whole with this Sauce, viz. White-wine, Cinamon, whole Cloves and Sugar, boiled up to a Syrup, and the Gravy with what else fell from it. (2.) A little grated Bread, the Pigs Brains, Sugar and Barberries, with a little beaten Butter. (3) Vinegar, Butter, the Yolks of hard Eggs, minced into the Gravy of the Pig; boil these up, and serve them as a Sauce. (4.) White-wine, fome firong Broth, or a min-Anchoves and Pepper beaten led in Balls, in Butter, and fmall, Butter beaten up with fill the Belly with this

(5.) Two or three Yolks of raw Eggs, beat up grated Nutmeg, Sugar, Currans, Cream, Salt and Pepper, Sugar and Cinnamon.

Dauce for Patridges : Take grated Bread, Water and Salt, and a whole Onion, boiled together, when it is well boiled, take out the Onion and put in minced Limon, and a piece of Butter. and ferve them in.

Sauces for Boafted Dige: ons: (1) Gravy and the Juice of Oranges. (2.) Fill their Bellies with minced Parfly. and when roafted, beat up fome Butter and Vinegar thick, and put the Parfly to it. (3.) Onions stewed with Gravy, Claret-Wine, and a little Salt, and garnish'd with Parfly and Marigold-flowers. (4.) Vine-Leaves roafted in the Bellies of the Pigeons. minced, and put into Claretwine and Salt, beaten up with Butter and Gravy.

Dauce for Quails : Take Vine Leaves dried before the Fire in a Dish, and mince them: then put some Claretwine, a little Pepper and Salt to it, and a piece of Butter,

and ferve them up.

Sauces for Babbets : (1.) ced Onion, some strip'd Thyme, Beat Butter, and rub the Dish grated Nutmeg, and the gra- with Onion or Shalot. (2.) ted hard Yolks of Eggs, some Sage and Parfly minced, row-Elder Vinegar, and the Gra- stuffing. (3.) Beaten Butter with with Limon and Pepper. (4.) According to the French Fafhion. Onions minced fmall, and fryed and mingled with Mustard and Pepper. (5.) The Rabbits being roafted, wash the Belly with the Gravy of Mutton, and add to it a flice

or two of Limon.

Sauce for Bed = Deer : (1.) Sweet Herbs fmall minced and boiled with the Gravy only, or White bread boiled with Water pretty thick, without Spices, putting to it some Butter, Vinegar, and Sugar. (2) The Juice of Oranges, Limons, and Gravy beat up well. (3) A Galladine Sauce made with strained Bread, Cinnamon, Sugar, Vinegar, Claand fome beaten ret-wine . Ginger, finely strained, or you may add a few Cloves, and Sprigs of Rofemary. If you will fluff or farce any part of the Deer convenient to be fo used, stick the piece chosen with Thyme, Rosemary Savory, or Cloves, or elfe with all manner of Sweet-Herbs, minced with Beef-Suet : lay the Caul over the fide, or half of the Haunch, and fo roasting it pretty well, ferve it up with any of the forementioned Sauces, garnishing with Oranges, Limons, and red Beet Roots.

Sauces for Boaft But= ton: Gravy, Capers, Sampire and Salt, flew them well together in two Waters; Onions, Claret-wine, fliced

Nutmeg, and Gravy, boiled up with three whole Onions, stewed in strong Broth or Gravy, White-wine, Pepper, Pickled Capers, Mace, and three or four flices of Limon.

Dauces for Boaft Dork: (1.) Gravy, minced Sage and Onions boil'd together with fome Pepper. (2.) Mustard. Vinegar, and fome fmall Pepper, well beat together. (3.) Apples pared and quartered, and boiled in fair Water, with fome Sugar beaten up with Butter. (4.) Gravy, Vinegar, fliced Onion and Pepper, boiled up together. The Sauces thus ordered, you may take a Chine of Pork, and draw it with Sage on both fides, when it is on the Spit, then roast is: and fo you may do by any other Joint of Pork, viz. Loin, Rack, Breaft, Spare-rib. or Harflet of a Bacon Hog, being falted a night or two.

Dauces for any kind of Sea-fowl Boaffed : Makea Galladine with grated Bread. Cinnamon, and Ginger beaten, a quarter of a pound of Sugar, a pint of White-wine-Vinegar, and a quart of Claret, boil them up and strain them, and a few whole Cloves. and boil them again with fome Sprigs of Rofemary, add a little red Saunders, and boil it thick as Grewel; and putting a fufficient quantity into a Dish, place the Fowl in it: And this especially is an ex-

celleng

cellent Sauce for Whoopers, Swans, Cranes, Shovelers, Herns, and Bitterns.

Sauces foz Stubble Geefe : (1.) Sour Apples, or Pippins, boiled to a Pulp and strained, add to them Sugar, Vinegar, Gravy, Barberries, grated Bread, Mustard, beaten Cinnamon, and boiled Onions strained. (2.) Slices of four Apples boiled in Beer, mash them, and put in Sugar, and beaten Butter; and for variety, add Barberries, and the Gravy of the Fowl. (3.) Take the Gizards and Livers, minced small with Sage, Beets, fweet Herbs, and sprinkled with Salt; add minced Lard, and fill the Belly of the Goofe, fow up the Rump, or Vent, tye the Neck with a Packthread, and roaft the Goofe : being roafted, take out the Farcing, put it in a Dish; and then put to it the Gravy of the Goose, Pepper, and Verjuice, give it a warm on the Fire, and ferve it up. (4.) The French Sauce for Geefe, are only Butter, Mustard, Sugar, Vinegar, and Barberries.

Sauce to Eurkey of Mention: Take a pint of Claret, a little fair Water, and a little Vinegar, beaten Cinnamon, beaten Ginger, a few whole Cloves, and fome grated Bread, a little Saunders, a little Rosemary and Sugar, as you think fitting, boil them well together, and it is made. The second Sauce in Capon serves also a

Turkey.

Source for Moodcocks of Sources: When you spit them, put an Onion in the Belly: when it is roasted, take the Gravy of it, some Claret, an Anchove with a little Pepper and Salt, so serve them in.

Sauces General for Ulilb form, and Ulater form!: For Wild, is Gravy boiled up with an Onion, a little Nutmeg and Butter, and for Water Fowl, fliced Onions, boil'd up in strong Broth, with Gravy and a little drawn Butter.

sabory: Of this Herb there are two kinds, one like to Thyme, and the other greater, and more branched. The latter being ufed as a Cataplasm, with Wheat-slour sod together in Wine, is available against the Sciatica; but the use of it is chiefly good for healthful Persons, whether it be in Pottage, or Sauces, or otherwise; and being dried in the shade, and brought into Pouder, it may be used instead of Spices.

Saulages to Make: The best way to do this, is to take a Leg of Pork that has lain an Hour or two in Salt and Water, Take off the Fat, and mince the Lean very small, and shred into it Beef-suer, season it with half an ounce, of beaten Cloves, and an ounce of Pepper, and the like quantity of Mace beaten fine, shred small, a handful of Sage and Rosemary, and break in about

about a dozen of Eggs, and mix all well together; then fill the great Gut of a well washed Hog, and boil them gently: then dry them in a Chimney, and they will keep excellent good for a very confiderable time.

Baufages Bolonia : Take of the best Buttock Beef, of a a Leg of Pork, of each fix pounds, Beef Suet three pounds, Pork or Bacon Fat four pounds and half, Gloves, Mace, Nutmegs, Cinnamon, all in Gross Pouder, of each three drams, white or long Pepper in fine Pouder half an ounce, red Sage, Penny-royal, Savory, Time, of each one ounce: First parboil the Meat over'a gentle Fire for an Hour, being cold, shred it small by it felf: after shred the Suet and Pork Fat, by themselves; then the Herbs by themselves, mix all together with the Spices, and Salt enough to season them, or give them a good relish, adding the Yolks of twenty four new laid Eggs, and fine Wheatflour half a pound, made into a foft Pafte with Milk; mix and beat all together in a Mortar, and then put them up into prepared Ox-Guts; after which Smoak or dry them three or four Days in a Tin Stove, over a Sawdust Fire. The Ox-Guts are prepared (being emptied of their Dung) by putting them into fair Water and Salt, cutting them out into severalePieces, and turning the inside outward with a Stick, for three or four Days together, though wild,

washing them till they become white, then turning them again, the Meat is to be put in, which is to be prest hard and tyed up. The Tin Stove or Frame may be placed and used in a Chimney, it may be made in the form of a Cupboard, but without a Bottom, with two Doors, the one below with a kind of Pidgeon hole in it, to open and make a Saw-dust and Small-coal-dust Fire, to be kindled with Straw, and to draw in Air at the bole aforesaid. which may have a little Door to prevent Cats; the top of it may be firm Tin, with a Funnel in it, covered over to prevent Soot, to which, on Ledges athmart divers Hooks may be placed so hang the Sausages upon: for want of this you may dry them in a Chimney where is usually kept a good Fire.

Saulages without Skins: To make these, Mince the Lean of a Leg of Pork very fmall, having first taken out the Sinews and Strings; then add two pound of Beef-fuer finely thred, and two handfuls of red Sage, a little Pepper, Salt and Nutmeg, with a piece of an Onion: mingle them, being all finely minced and beaten, having put in two or three Yolks of Eggs; and fo with a small matter of Flour, make it into a Paste in lengths, or Balls: and when you fry it, cut it out in pretty thick fli-

ces. Scabious: This Herb, nd moffly growing Browing in the Field, is of excellent use. The Herb and Root boiled in Wine, or the Juice of it, or the distilled Water of it, cures Imposthumes, Pleurisies, Coughs, or other Diseases incident to the Breast, or Lungs. 'Tis good also in the Quintie, Plague, Ulcers in the Fundament, Itch, and likewise for beautifying.

Scabs: There is nothing better to remove Scabs than this following Ointment : Take Oil O. live a pound and half, Sheeps-fuet s pound: melt and mix: To these add Flowers of Sulphur Cinnabar in Subtil Pouder, of each fix ounces, Mercurius Dulcis in fine Pouder four ounces, White Pracipitate one ounce: mix and fir them about till they are cold: Keep this as an Ointment of special Use in all manner of Scabs, Breakings-out, Botches, or Blains; and if mixed with a little Pouder of Sulphur, it is excellent for the Itch, and to hinder the biting of Bugs, or cure those that are Bit.

Scabious = Water: Take four handfuls of Ssabious-flowers, a handful of the tender Tops of Comfrey-flowers, of Fumitory four ounces, Roots of Orris three ounces, Baum, and Celandine tops, of each a pugil: diffill these in a cold Still with four ounces of Almonds blanched, and steeped in warm Water till they well.

This is an excellent Beau tifier, and causes a fresh Co-lour.

Scalos to Cure : Take a quart of fweet Cream, then wash, pare, and slice a handful of Fern-roots, boil them together in an earthen Pipkin with two ounces of Dove's-Dung finely poudered; or, for want of that, Hen's-Dung for the Space of half an Hour. or till, by continually ftirring it, it jellies, or thickens: then let it cool, and fo fpreading fome of it on a Cloth, apply it to the Place scalded. So by often applying, the Fire will be taken out in a little time. and the Pain removed.

Or, Take of the White Gintment three ounces, yolks of two new-laid Eggs: mix them well and apply it. Or, Saccharum Saturni, mixt with the Whites of Eggs; which may be applyed with foft Flax, or Tow.

Scatty-Mails to take off: Take the Seeds of wild Mint, and Linfeed, of each a quarter of an ounce; bruife them and mix them with Honey; make a Plaister, and fix it on the Nails, and in a little while they will fall off, and other found ones grow in their stead.

Sciatica: The first Intention of the Cure of the Sciatica is, 1. To cleanse the Stomach with some gentle Vomit, three or four times, as with an ounce of Insusan of Crocus Metallorum, or Tartar Emetick, given from three to six grains.

grains, at two or three days distance. 2. To purge the Patient well with our Family Pills four or five times, giving from three to fix of them, early in the Morning. 3. To anoint the part af. flisted with our Unguentum Mirabile, Morning and Evening, rubbing it in a pretty while at each time, and so continue this Unction for three or four Days, or more, as you see occasion, applying over the place anointed a Flannel, or rather a Plaister of Diacbylon. 4. To take every Night, or every other Night (to keep the Belly of the Patient fohale) three, four, five or fix grains of our Cathartick Laudanum, which does indeed do Wonders in this case. How this our Balfum Mirabile is made, fee in the following, under the Title of Sinews Weakened.

Scozbutith-Sprup: Take the Juices Scurvigrass, Water of Pimpernel depurated, of each three pints; fine white Sugar two pound: make them into a Syrup over a gen-

tle Sand Heat.

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The use of this Syrup is very successful, taken in scorbutick Maladies, from one spoonful to two in any scorbutickwaters, Mint, or Penny-royal-

waters, oc.

Deozbutick-Water : Water-cresses, the Tops of Baum, Agrimony, Germander, and Groundpine, of each two handfuls; Fenel, and Aniseeds, of each half an ounce: Centaury the Less, Wild Thyme, of each a pugil:

Scurvigrass six handfuls: let these be infused in Fumitory-water, and Whey; of each three pints, White-wine a gallon: then strain them, by pressing, out the Liquor very hard: after distil to in an Ash-heat, and take two ounces at a time for Pains in the Stomach, Vapours arising to the Brain, Breakings-out, Scurfiness of the Body, Nodes, or Knots in the Skin; and for carrying off all gross and ill Humours, by Sweat, Stool, or Urin.

Scotch Collops, of Mutton oz Meai : Take your Meat and flice it very thin, beat it with a Rolling-Pin, then hack it all over, on both Sides with the back of a knife, then fry it with a little Gravy of any Meat, then lay your Collops into a Dish, over a Chaffing Dish of Coals, and diffolve two Anchoves in Claret-Wine, and add to it some Butter, and the Yolks of three Eggs, well beaten, heat it together and pour it over them : Then lay in fome thin Collops of Bacon fryed, some Saulage Meat fryed, and the Yolks of hard Eggs fryed after they are boiled, because they may look round and brown, fo ferve it to the Table.

Scotch Collops another : Cut a Leg or two of Mutton into thin flices, which heat y:ry well, put them to fry over a very quick Fire, in a Pan first glazed over, with no more Butter melted in it, than just to befmear a little at the

bottom of the Pan, turn them in due time, there must never be but one row in the Pan. nor any flice lying upon another, but every one to the Pan: When they are fryed enough, lay them in a hot Difh, covered, over a Chaffing-Difh, and pour upon them the Gravy that runs out of them into the Pan : Then lay another row into the Pan to fry as before, and when they are enough, putthem into the Dish to the o. ther. When you have enough by fuch Repetitions, or by doing them all in two or three Pans all at a time, take a Porringer full of Mutton-Gravy, and put into it a piece of Butter, the bigness of a Walnut, and a quarter of an Onion, if you will (or rub the Dish afterwards with Garlick) and Pepper and Salt, and let this boil to be very hot: then throw away the Onion, and pour this into the Dish upon slices, and let them stew a littletogether, then fqueeze an Orange upon it, and terve it up.

Scurvigrass-Bath: Take Scurvigras and Fumitory, of each a handful; Fenugreek-feeds three ounces and a half; Flowers of Mellilot two handfuls, and of Camomil one handful; Mallow-roots, Brooklime, and Mugwort one handful and half; the Seeds of Water-Bettony, and Parsley, of each three ounces and half; Bay-leaves a handful: boil these in two gallons of fair Water

to the confumption of a quart.

This removes hard Swel-

lings, and Pains in the Joints, allays the Pain, occasioned by excessive heat, restores shrink'd Nerves and Sinews; and is good in easing Pains of the Gout, being applied to the

grieved Part.

Deurbigrafs-Ale: To fix gallons of Ale, Take of Sena half a pound, Rhubarb one ounce and half , Polypod of Oak three ounces, Tree of Life five ounces, Bay-Berries three ounces. Annifeeds three ounces, fweet Fennel Seeds two ounces, Juniper Berries two ounces, Horse-Raddish three ounces, Liquorice three ounces. Sevil Oranges one dozen; Cut them in Pieces and put these Ingredients into a thin Bagg with a Stone in it to fink the Bagg. Take one quart or three pints of the Juice of Garden Scurvigrafs, Clarifie it over the Fire, and when it is cold put it in the Ale and tunn them, letting them work together twenty four Hours; Then ftop the Vessel close, and after fix Days, drink one pint warmed fasting, as that Works you may add or diminish.

When the first Vessel is out you may fill it again with Ale and fresh Oranges, and Scurvigrass, so likewise a third time.

Scurbigrass, its Escure, Take Scurvigrass, Fumitory: Germander, and Wormwood, of each three handfuls; of Orange-peel, fix drams: digest them

grafs, fo much as fuffices, to the Extraction of their Tincture, and let them be ftrongly pressed out, and put of the former Herbs and Pouder into the straining; and do this three or four times: and when it is clarified by fettling, add of the Spirit of Cinnamon eight ounces; Spirit of Tartar nine drams: mix them, and take it from twelve to twenty drops in Ale, Beer, Wine, or any other convenient Liquor.

This is good against Fits of the Mother, Falling-fickness, Oppressions of the Stomach, Afflictions of the Matrix, and

caufes Urin.

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Deurbigrals Phylick = Mine: Take Water-creffes, and Wall-rue, of each one handful, wild Radish-roots. and Roots of Polypody, of each two drams; Myrrh and Jalap, of each one ounce; the Leaves of choice Senna one ounce, the inward or yellowest Rind of an Orange two ounces, best Cinnamon one dram and a talf, crude Tartar three drams. Thefe being cut, and grofly bruifed, put them into a thin Bag, few them up, lay them by in a stone Pot, and pour upon it two quarts of Whitewine; let it stand eleven Days, draw it off, and take three ounces, or more, according to the Strength of your Body.

This purges Choler, and

them with Spirit of Scurvi- mach, and eases Pains in the Bowels, causes gentle Sweats, and cleanfes the Blood.

Deurbigrafs-Mine: Take the Juice of Scurvigrass, Water-cresses, Brook-lime, Sorrel, all depurated, of each a quarter of a pint; Rhenish. wine two quarts, Roots of Horse-radish, Elecampane, Flower-de-luce, cut into thin flices, of each an ounce and half; two Nutmegs bruised : put all into a stone Bottle, stop it very close, and keep it in a cold place for ufe.

Taking Morning and Night a quarter of a pint, cures the Scurvy to a wonder, and pu-

rifies the Blood.

Deurbigrals-Mine, another: Take of fresh Scurvigrass four handfuls, beat it very fmall, pour upon it two quarts of Rhenish Wine, let it stand in a cool place three or four Days; then strain it, and let it fettle, and so draw it off from the dregs.

Drink of this half a quarter of a pint fasting, and it will purifie the Blood, help Digeftion, take away pricking Pains, and Heats, or Flushings in the Face or Body, provokes Urin, and evaporates noxious

Humours by Sweat.

Dea-fromi of all forts Bab'd: Take a Swan, Whooper, or any other Sea-Fowl and parboil it, then bone it, and after lard it, then take four ounces of Salt, three of Nut-Melancholy, cleanses the Sto- megs, two of Pepper, season

your Fowl therewith, bake hem in Rye-Paste made up stiff with boiling Liquor, if you will eat it cold, if hot, use but half the seasoning, and bake them in fine Paste liquored with Claret, Gravy, Butter, an Onion, Capers or Oysters. Thus you may bake, Wild Geese, Tame-Geese, Herns, Curlews, Gulls, Muscovy-Ducks, Shovellers, 1966.

Ducks, Shovellers, &c. Dea=Fowl to Boil, stem: Take a Swan and bone it, leaving only the Legs and Wings; then make a farcing of fome Beef-Suer. Mutton, or Venison, minced with Sweet-Herbs, beaten Nutmeg, Pepper, Cloves, and Mace; then have fome Oyfters parboiled in their own Liquor, and fome raw Eggs mixt with the minced Meat; then fill the Body of the Fowl, and prick it upon the Back. then boil it in the Stew-pan, putting thereto ftrong Broth, White-Wine, Mace, Cloves, Oyfter Liquor, boiled Marrow, boil thefe well together, and have Oysters in the meantime stewed by themselves with Onions, Mace, Pepper, Butter, and a little White-Wine: Next have the bottoms of Artichokes ready boiled, and put to them some beaten Butter, and boiled Marrow; dish up your Fowl on some fine carved Sippets, then Broth it, and Garnish it with stewed Cysters, Marrow, Artichokes, Goosberries, fliced Limon, Barberries and Mace let the Dish be Garnished with grated Bread and Oysters. Thus you may boil or Stew, Duck, Mallard, Widgeon. Bittern. Hern, Curlew, Hopper, Crain, Wild or Tame Goose Teel, Gulls, Shoveller, Sheldrakes, Pewits, Barnacles, Puffias &c.

Dena : The best of it is that which is brought from Alexandria in Egypt. It purgeth Choler, Flegm, and Melancholy; it cleanfeth the Heart, Liver, and Brain, also the Spleen and Lungs, and all Parts of the Body; it is profitable for all Accidents of them : It openeth the Internals, and delayeth the Injuries of growing old Age, causing exhilaration, or Joy in the Mind. The Leaves decocted with Camomile, are exceeding good to wash the Head for the fortifying the Brain and Sinews, and Sight and Hearing; as also, in all fuch Difeases as proceed from melancholy Humours: likewife from Ulcers, or Palfie, Headach, and Falling-evil. It fortifieth the Heart, especially when mixed with fome Violets and Cloves concocted in Whitewine; and being mixed with Infusion of Roses, or laxative Syrup of Roses, it is an excellent Purge for all evil Humours. There is a Sylup made of Sena, and an Univerfal Cathartick, which is faid to Cure all Diseases, which is thus made:

made: Take one large Limon, which cut into very thin flices (Peel and all:) then take Cinnamon grofty poudered one dram; Alexandrian, Sena, two drams: Salt of Tartar a Scruple: Intufe for one whole Night, in one pint of distilled Cinnamon, Barley-Water, or Cinnamon, Milk-Water, and in the Morning Grain. through a Linen Cloth: in the firaining disolve fine strained Manna two ounces: The whole quantity take at twice in about two Hours space. This Purge is equally pleasant to any Cordial Water, and works gently, yet effectually to all the Intentions it is given for, and may be given to all Ages, Temperatures, and Sexes, proportioning the Dofe. It Purges all Humours, and 15 an excellent Antiscorbutick, Antiarthritick and cures Hypochondriack Melancholy.

Ecnses to Refresh: To enliven the Senses and restore the Memory, Take a handful of Baum, bruise it and steep it in White-wine in an earthen Vessel well glazed, and covered; then put it into an Alembick, and of the distilled Water take every Morning fasting a spoonful, and fast an Hour after it.

Sewingof fish: 1. Course. Musculade, Minues in Sew, of Salmon, Porpos, baked Herrings, with Sugar, green Fish, Pike, Lamprey, Porpus, roasted, baked Gurnet, and Lamprey.

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2. Course. Jellies red and white, Dates Confectioned, Conger, Salmon, Dorey, Birt,

Turbut, Trout, Holibut; for Standard, Bace, Mullet, Chevin, Soles, Lamprey roafted, Tench in Jelly.

3. Course. Fresh Sturgeon, Bream, Pearch in Jelly, a Jole of Salmon, Sturgeon, Welks, Wafers, Apples and Pears roasted, with Sugar-Candy, Figs, Raisins, Dates, minced Ginger, Hippocras.

In this Case you must look to the Peason, Firmity, Tail and Liver, and fee if there be a Salt Porpos, Sole, Turrentine, and do after the form of Venison. Hak'd Herring, lay it whole on a Trencher, or Plate, and then White-Herring in a Dish; open the Back and take the Bone out and Roe, and have your Mustard at hand. Of Salt Fish, Green Fish, Salt Salmon, or Conger, pare away the Skin. Salt Fish, Mackarel, Marling, Stock-Fish and Hake, with Butter; and take away the Bones and Skins. As for a Pike, lay the Belly on a Plate or Trencher, with fufficiency of Pike Sauce, a Salt Lamprey, gobbing it in feven or eight Pieces, and so prefent it.

A Plaice to be ordered this Way. Put out the Water, Cross it with your Knife, and cast on Salt and Wine. Bace, Gurnet, Mullet, Roach, Chevin, Perch, Sole, Whiting, Haddock, and Codling, raise either of them by the Back, take out the Bones, and cleanse the Polls.

the Belly.

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As for Carp, Bream, Sole, or Trout, order the Back and Belly together: but for Conger, Salmon, Sturgeon, Houndfish. Turbut, Thornback and Halibut, cut them in the Dishes, the Porpos about the Tench; in his Sauce cut two Eels and Lampreys roasted, pull off the Skins and take out the Bones. and put to them Vinegar and Pouder of Ginger. A Crab must be broke afunder in a Dish. then make the Shell clean, and put in the stuff again; temper it with Vinegar, and Gingerpouder, then cover it with Bread and heat it. As for a Jole of Sturgeon, cut it in thin flices, and lay it round about the Difh. ferving up Oil and Vinegar in Saucers.

Fresh Lamprey baked; open the Pasty, then take Whitebread and cut it thin, and lay it in a Dish with a Spoon, and take a Gallentine and lay it on the Bread with Red-wine, and Pouder of Cinnamon; then cut a Gobbin of Lamprey mince it thin, and lay it in the Gallentine, and fet it on the Fire to heat. Fresh Herrings, with Salt and Wine. Shrimps well pickled. Flounders. Gudgeons, Minews, and Mussels, Eels and Lamprey, Sprats, are good in Sew. Musculade in Worts, Oysters in Gravy, Minews in Porpos, Salmon in Jelley, white and red; Cream of Almonds. Dates in Comfits. Pears and Quinces in Syrup with Parily-roots. Mortus of Hound-Fish raise standing.

Sharpness of Arine:
Take the dried stuff that divides the Lobes of the Kernels of Wallnuts, beat them to a Pouder, and take about a dram at a time in a draught of Whitewine or Posset-drink, or in any other convenient Liquor.

That which fully answers all this Intention is our Pulvis Antifebriticus, which not only cools, and alleviates the Sharpness; but also fully takes away the Pain, and withall causes a free liberty of Pissing. Dose from half a dram to a Dram, at Night going to Bed, in a Glass of White-wine, and if the pain is Vehement, the like quantity may be given in the Morning also: continuing it for some days till the Cause is wholly removed.

Sheeps = Tongue = 19pe : Boil them tender, blanch and cut them into thin flices, then feafon them, with Cinnamon, Ginger, and a little Popper, and put them into a Coffin. with fine Paste, with sweet Butter, and a few fweet Herbs. minced fmall; whilft it is a baking, take a little Vinegar, Butter, Nutmeg, Sugar, the Yolk of a new-laid Egg. one spoonful of Sack, and the Juice of Limon; boil all thefe together on a Chaffing-Dish of Coals, and put it into your Pye fhog it well together, and ferve it up.

Sheeps - Tongues, with Defters Boil'd: Take fix Sheeps-Tongues, boil them in Water and Salt, till they be

tender;

tender; then peel and flice Forehead and Temples with them thin, then put them into a Dish with a quart of great Oysters, a little Claret-Wine, and fome whole Spice, let them flew together a while; then put in fome Butter, and the Yolks of three Eggs well beaten, shake them well together, then lay fome Sippets into a Dish, and put your Tongues upon them; garnish your Dish with Oysters, Barberries, and raw Parfley, and ferve it in.

Dichnels: Falling: Take filings of Man's Skull, of the best Amber of each half a Dram, beat them into fine Pouder, and take it once a Day, when the Stomach is most empty, in a quarter of a pint of

Whitewine.

Sight-Weak : Take inwardly every Morning, Noon, and Night, fifty or fixty drops of Powers of Rosemary, in a Glass of White-Port-Wine, or in choice Cannary; and wash three or four times a day, with our AquaRegulata, or Eye-Water; thefe being used to one and the same Patient. wonderfully ftrengthen the Eyes, and restore the fight.

Sinems = Weakened : these are any ways bruised, pained, or swelled, Take Lavender, the Stalks, Leaves, and Flower, cut them fmall, put them into White-wine, and distil them through an Alembick, washing the Parts grieved with the faid Water; and drink about two ounces of it Morning and Evening, and wath the

it, in case of any Pains there, by reason of any Afflictions of the Brain, from which the Sinews and Nerves originally

proceed.

There is no Medicine yet known in the World, equal to our Balfamum Mirabile, which gives relief in these cases in a quarter of an hours time, or in something more. It is thus made : Take choice Turpentine three ounces: Oil of Vitriol one ounce and half, mix and dissolve by stirring them together till they are black, then add to them gradatim, three ounces of Oil-Olive, mix well and decant : to what remains, add Oil of Visriol one ounce and balf more, mix again very well, adding gradatim, Oil Olive, three ounces: fir them well together, till all is perfectly diffolved and incorporated, which then add to the first mixture, and keep them continually stirring till the matter is cold. You are only to rub this Balfam upon the place pained or grieved, chafing it well in with your Hand, then lay over it a Diapalma Plaster, to keep it from your Linen, by anointing with this three or four times, the Patient will be perfectly well, and it will give ease in less than half an hours time: Ufe it one, two, three or four Days, as you see occasi-

Shin Infected: Take the Roots of Vines, boil them in Water with the Seeds of Vetches, commonly called Tares, and Fenugreek, of each a handful :

ful; and therewith wash the Places where ill Humours are

apt to fettle.

Skin to keep open: If an Issue in the Skin is not easily kept open, but too apt to dry up, Take Lapis Infernalis an ounce, Crown Soap an ounce and half, Chalk finely poudered fix drams; mix them all together carefully, and keep them close stopt, and when you use them, mix them well together, and lay over it Plaisterwise.

Sleep to Procure: Take Water-Lilies half a handful. Opium one dram, steep these, the Lilies being bruised, in three pints of Malmsey, twenty four hours, then put in an ounce of Salt finely beaten, Poppy-seed a dram, Letticefeed three drams, distill them

in Balneo Maria.

Small-Bor Dieted, Scars of Burns : Take Oil of Eggs, and anoint the place with it of-

ten.

Small-Por, the Scars ther of: To prevent these, Make a Liniment, of Rosewater four ounces, Oil of Ben two ounces, Sheeps-fuet one ounce, Oil of Rosemary half an ounce Tuttia one dram: These being made into a Liniment, anoint the Face, Hands, and Neck, just as the Disease is in its declining, and the Scabs begin to dry.

Soals Boaffed: Take and draw them, then skin and dry them, then take sweet Marjoram, Thyme, Winter-lavory, and a Sprig of Rosemary, mince thefe fmall, add to them fome Salt and grated Nutmeg, and feafon your Soals therewith moderately, then lard them with a fat fresh Eel, and after this fteep them an hour in White-Wine, and Anchoves therein diffolved; then take them up, and upon a small Spit roast them, put the Dish wherein they were steeped, under them. baste them with Butter, and being enough boil up the Gravy, and what it dropt into; then dish them, and pour this lair upon them; laying on fome flices of Limon .. See more in Flounders.

Doals to diels finely fryed: Take a pair of large Soals. and flay them on both fides: then fry them in fweet Suet. tried up with Spice, Bay-leaves, and Salt, then lay them into a Difh, and put in to them some Butter, Claret-Wine, and two Anchoves, cover them with another Difh, and fet them over a Chaffing-Dish of Coals, and let them flew a while; then ferve them to the Table, garnish your Dish with Orange or Limon, and squeeze some over them.

Sozes: Take a solution of Sublimate, and having made with Quick-lime a strong Lime-water that will bear an Egg, drop it gradually on the Sublimate, till it will precipitate no more redish stuff at all; and when you perceive the Liquors act no longer vifibly upon one another, pour the Mixture

Mixture into a filter of Cap-paper, which retaining the Orange colour precipitated, will transmit an indifferently clear Liquor, which must be kept close stopped in a glass Viol, viz. to wash the Part grieved.

This is exceeding good in old Sores, Ulcers, Breakingout, and, and other fuch-like

Diseases.

Sozes of the Mouth to Beat: Take the Leaves of Marshmallows, and boil them in Wine, wherein Honey has been diffolved, add fome Roch-Alom in Pouder, then prefs out the liquid part very hard, fo fuffer it to fland and cool: and with this Decoction wash and gargle your Mouth, and Throat, if it be Sore.

Doze Bole: This often happens through the Effects of the French Disease, not perfeetly cured, and many times in the Mouth, as well as the Nofe. iFor Remedy then, Take the Juice of common Houndstongue, and that of Plantane, of each three ounces: boil these Juices to a thickness over a gentle Fire, adding to them Oxymel Scilliticum, and anoint the fore Part often; or dipping a Linen Rag in it, thrust it up the Nostril, if the grief be mostly there.

A much better thing it is 'o wash the Sore or Part affected with the Sublimate Water aforegoing in the Title of Sores: after which you may anoint it with this

levigated two ounces; White pra cipitate one ounce, Sheeps-suet half a pound, Oil Olive one pound, Turpentine four ounces: mix and make an Ointment,

Dozes Dlo : Take Ariftolochia Longa, Aloes Epatica, of each an ounce! make them into a Pouder, and with Honey of Roses work it into a Pafte, and having cleanfed the Sore with Oil of Tartar, or the Decoction of Myrrh; fpread some of the Paste on a Leather, or pliant Cloath. and lay it to the Place grieved; and in twice or thrice renewing it, you will find wonderful fuccess in the Cure.

Dozes Butreffed : Milfoil and Sanicula, of each half a handful; boil them in Water, and strain the Liquid

part through a Linen Cloath, and with the Decoction, mix the Meal of Fenugreek, the Fat of a Goat, and as much Olive-oil as will thicken them. and make them into an Ointment over a gentle Fire: with which often anoint the Sores,

and it will heal them!

Doze Throat : Take a piece of Linen Cloath, fo so much as being double may make a Bag in the form of a Stay to reach from one fide of the Throat to the other, and contain as much Matter as may make it of the thickness of an Inch, or more : then filling it with common Salt, heat it throughly and apply it to the Ointment. Take Mercurius dulcis Part affected as warm as may be

well

well endured; and when it grows cold, apply another like it well heated, and so continue to do forty eight Hours, if the Remedy be so long needed. This, makes the Kernels fallen down, retire to their proper places, and abates Swellings.

If the foreness of the Throat proceeds from the foul Disease, so as that it is raw or Ulcerated, you must wash or gargle it, three or four times a Day, with the Sublimate Water afore-meutioned, which you may see under the title of Sores. It will be very sharp and severe at first; but afterwards it will seem Mild and Gentle, and will do that Cure in a Fortnights time, which by most other Medicines would scarcely be done in two or three Months.

Speckles: For these, or Pimples, that are not angry or fiery, Take the Blood of a Hare warm, if you can get it, and the Oil of Tartar, and anoint

the Face with it.

But the most excellent thing in this case is to wash the Face with the Virgins-Milk, Morning, Noon, and Night, and after it is dryed in at Night to enoint the Face with this Ointment : Take Sheepsfuet a pound, Oil Olive a pound and half: diffolve and mix, to which add Oil of Tartar, per deliquium five drams or one ounce: mix them till they are cold: this done dissolve the whole in warm Water, and wash the Ointment by beating till it it cold, which then you are to take off from the Water and keep it for use. How

the Virgins Milk is to be made, fee hereafter, under the title of

Virgins Milk.

Specifich = Purge : crude Antimony, and Sal Amoniack poudered and mixed together. of each fix ounces: sublime the combustible red Flowers, according to Art, and of them take four ounces; of the best Nitre take eight ounces: let them fulminate in subliming Pots, and gather the Flowers without wasting; dulcifie the Flowers with hot Water till there be no more saltness remaining: upon this Ponder dried over a very gentle Fire, pour rectified Spirit of Wine four Fingers breadth above the Matter, put them all into an Alembick with a Receiver luted to it; then diffil them at first with a gentle Fire, increase it by degrees that the substance may come to a driness : expose the Pouder, being perfectly dried, to the Fire for the Space of an Houn, and keep it for use in a ctofe Box, or Gally-pot.

This remarkable Preparation of Antimony is sudorifick, powerfully provoking Sweat; opens the Belly gently, being taken at a distance from Meals, from twenty to thirty grains in some Conserve, in a Bolus, or disolved in some

agreeable Cordial pater.

of this Herb is of excellent Virtue for opening Obstructions of the Lungs, for the Colick and Spleen, and is an Antidote against the Plague, and is helpful in Wounds, curing the Itch. We have it from good Hands,

That a large Dose of the Decoction of this Herb, taken for fome time, expelled a Stone from the Kidney of a Woman that had been tormented with it for fifteen or fixteen Years. Also a Woman that was accounted Barren feven Years, conceived upon taking the Pouder of it in the distilled Water for a confiderable time. The Syrup is of great use in the Disease of the Lungs; and a Person who had a very dangerous Ulcer in his Leg, found Ease, and in a short time a Remedy, washing in the Water of it, and applying wet Rags dipt in the faid Water, by taking away the Inflammation, and all the Symptoms that accompanied it. One who had a Fiftula in the Breaft, and in vain had used divers Medicaments, it's faid', was cured with this Water, by inwardly taking it. Rags dipped in it, and applied hot, do make Scabs fall away in Children, and then wash them over with Water of Fumitory and Whey. But for all these Experiments, the Reader may try them as occasion offers, and be more amply fatisfied. The Virtues of this Herb are many.

Spirit = Antiscoputich:
Take Elder and Juniper-berries, and bruise them; the Seed of Scurvigrass, Carduus-Benedictus, and Garden Cresses, of each two pound: put them all into a convenient Vessel; and having mixed with them a pint of Ale-Yeast, see

them to ferment in a Stove, or hot place; and when that is over, diffil them in an Alembick, with its refrigeratory,

and preserve the Spirit.

Spirit Epileptick : Take the Flowers of Lily of the Valley, Lavender, Sage, Tillet, Primrofes, and Rosemary. of each two handfuls: gather the Flowers in their fealon, and macerate them all together in fix pints of the Spirit of Wine rectified; then add to them Misleto of the Oak, Roots of Valerian, and Male-Peony, of each four ounces, being bruised & macerated eight Days in a pint of Malmfey. Cinnamon, Cloves, Mace, and Nutmegs, of each half an ounce; mix them all together, and diffill them in a glass Cucurbite covered with its Head in a Sand-Bath, and preferve the Spirit as a very excellent thing. 1

It is very proper for the ease and cure of Epileptick Diseases. It is to be given from two drams to half an ounce, alone or mixed with cephalick Liquors. It may be also put up the Nostrils, applied to the Temples, and other Parts, for easing Pains and preventing the arising of Vapours to the Brain, which occasion Fits

and Disorders.

Epirit of Salt: Take the finest white Salt, and dry it over a Fire, or else in the Sun, so pouder it finely to the quantity of two pound weight; mix it well with six pound of Potters-

earth

earth finely poudered, make them up into a Mass very hard with Rain-water, as much as will conveniently do it, form this Mais, by dividing into Balls, in the bigness of a Hazle-nut, and let them dry in the Sun a confiderable time; and when they are dried, put them into a large earthen Pot, or a Glass that may be luted, a third part of it being left empty, place the Retort in a reverberatory Furnace, and fit to it a large Receiver, luting the Joints, and give a moderate heat to warm it, and fo make an infipid Water drop forth; and when white Clouds fucceed those drops, pour out that which is in the Receiver: and having refitted it, lute the Joints close, and by degrees encrease the Fire to the last degree of all; and so in this condition continue it twelve or fifteen Hours, when all that time the Receiver will be hot, and full of white Clouds: but when it grows cold, and they difapthen unlute the Junctures, for the operation is at an end; and then you will have the Spirit of Salt in the Receiver. So pour it into a glass or earthen Bottle, andstop it with Wax.

This fingular Spirit has an aperitive quality, and therefore is used in Juleps to an agreeable Acidity for such as are subject to the Stone or Gravel; 'tis also used to cleanse and whiten the Teeth, also to fasten loose Teeth, being tempered with a little Water, and to confume the rottenness of the Stumps.

This is a better way of making Spirit of Salt. Take white Salt a pound, Oil of Vitriol restified half a pound, water a sufficient quantity to diffolve the Salt in, put them into the Stillatory, and distill, in the first place the Flegm comes forth, after that the Acid Spirit, which keep by its felf : put them into a glass Retort, and distil it in Sand to dryness: this acid Spirit now drawn off, is very penetrating, and the true Spirit of the Salt. The Oil of Vitriol will be congulated in the Retort, with the Alcali of the common Salt. Take of this Acid Spirit four ounces, new Salt two ounces: mix and diffolve in a sufficient quantity of Water, and distill in Sand as before, so will you have fix ounces of Spirit, and this you may repeat, ad infinitum, producing the Spirit with all imaginable ease, and without almost any charge. In the bottom a Coagulated Salt will remain, of which is made Sal Mirabile, as in other places we have declared. This Spirit has by the Virtues of the former Spirit, besides which it extracts Tinetures, precipitates all absolutions in Aquafortis or Spirit of Nitre, and corrects Opium, and all fatid Oils.

Spirit of Salt, Dulcify's and Smeet: Mix equal Parts of Spirit of Salt, and Spirit of Wine, fet them two or three Days in Digestion in a double Vessel in a gentle Sand Heat.

This is taken more fafely inwardly than the former, because it is less Corrosive: It may be given from four to twelve drops in some proper Liquid.

Spirit of Scurbigrals:
Take proof Spirit, eight, twelve, or sixteen pines, plus minus, insuse or steep in it so much Garden Scurvigrass as it can well contain, digest it twelve Hours, then distilit off; and save the first half of what comes off, which distil a second time, and save the first holf as before, so have you spirit of Scurvigrass; this if you distil over again with fresh Scurvigrass, it will yet be stronger.

This is good against the Scurvy, Surfeits, and Rheumatisms in cold and moist Constitutions, but perfectly destructive in such as are of a hot, dry, and cholerick Habit: Dose from twenty to sixty drops, in Ale or Wine. It cures shortness of Breath, obstruction of the Lungs, yellowness of the Teeth, decaying of the Gums, and the Bellyach, and kills Worms in Children.

Spirit Alterine: Take the Roots of round and long Birthwort, Peony, and the leffer Valerian, of each two ounces; Cafter one ounce; dry Tops of Wormwood, Mugwort, Tansie, Fethersew, Southernwood, Camomil-slowers, of each an handful: shred and bruise all together. Let them macerate three Days in two quarts of the restified Spirit of Wine: then, distil them according to Art, and keep the Spirit for your use.

This is excellent, and most effectual to suppress the Vapours that arise from the Matrix, and to open Obstructions. It is to be given

from one to two or three drams at a time in Hysterick Waters, or Decoctions: It may likewise be put up the Nostrils, or applied to the Temples, or Navel, with good Suc-

cefs.

Spirit of Wine to Diffill : Take the Wine and Lees of what fort you think convenient, put it into an Alembick, draw it off, and rectifie it into what heighth you pleafe. It is excellent, taken in cold Diffempers, or to mix with any Cordial Water, to temper them with heat, according to the degrees the Distempers require, for which they are to be taken. The Joints afflicted with cold Pains, being bathed with it, ease them: It's good in the Gout and Sciatica, the afflicted Parts bathed with it, and is used for Lacca to change Silver to a Gold colour, as also in Varnish, and in making up fundry Medicines. Baum, Rue, and the Leaves of Walnuts being beaten and made up into a Conferve with it, resist the Plague and pestilential Fevers.

This Spirit, when made the best way, is drawn from Brandy chiesly, and not of that which is usually called Wine. Four gallons then of the best Brandy must be mixed with four quarts of ordinary Salt, or Bayfalt dried and finely Poudered, and put into an Alembick; Lute the Head, and do it over a gentle Fire, lest being too long a drawing it off, it waste and con-

firme

fume too much; that which is | flay; flaking the Glass, once or the highest or rectified part being fired, will burn all away; but the Second Spirit will not do fo.

This makes curious Tinctures in chymical Operations, being upon other occasions outwardly applied, it discusses Tumours, and cures Burns, if taken in time : It also eases the Pains of the Gout, and cold

Pains in the Joints.

Spitit of Mine : You muft have a Glass Lembick, and distil good Aqua vitæ in Balneo Maria, and put a piece of filter well dipped in common Oil, between the Helm and the Lembick, and over it put in Flour of Rosemary only once, you will extract the purest Spirit in the World.

Spitting of Blood : Take Ash-leaves, and the Seeds of Nettles; boil them, when well bruifed, in White-wine: put to the Decoction a little Sanguis Draconis, Spodium, and Bolearmoniack: then being infused, strain it again, and drink half a quarter of a pint mixed with half an ounce of the Syrup of red Roses.

Nothing exceeds this Medicine in the World. Take Catechu four ounces, Jesuites Bark two ounces, Opium two Drams, common Brandy a quart: make the two first Ingredients into fine Pouder by them felves ; and make the Opium into Pouder by its felf: then digeft all in the Brandy, ten, twenty, thirty, or forty Days, the longer the better, according as you can permit it to

twice a Day: at the end of the time, decant off the Blood red Tincture and keep it for use: this, the Patient may take Morning and Evening from twenty, to forty, fifty, or fixty drops at a time in a

Glass of Ale, or Alicant.

Spots, or Stains : If in Silk, caused by Grease, Take the Bone of a Sheep's-foot, burn it to pouder, and beat a red-hot Tobacco-pipe into Pouder also: then fift thefe, and mingle them together. Take of this Pouder, and lay on the Spot; then lay on it the back of a Spoon that has a red-hot Coal in the hollow of it; and then the heat, if the Grease be little, will cause the Pouder to fuck it out.

Spots of Pitch and Boz an are taken out by applying Oil of Turpentine, rubbing it in, and letting it lye, and it will crumble away : fo likewise Tar will rub out like a speck of Dirt.

Spots in the Skin to take amap: Take Water of Talke, and Limon-juice; infuse in them the Roots of Mandragora, and let them stand five Days in the Sun, or some warm place, and then strain out the liquid part, and with it bath the Spots: and in often fo doing they will disappear. Or, for want of thefe, wash them with the Water of Radishes, drawn by an Alembick, and anoint the Skin with the Meal of Orobus mixed with Honey.

Spots in Stuff, and Moollen: Take Fullers-earth two ounces, Castile-soap an ounce, the fine

fine fiftings of coarfe Bran half an ounce : mix thefe with fair Water, make them up into a kind of Paste, and lay then fome of it on the Spot: and being then a little moiff, let it dry on before a

gentle Fire.

Sprats to Dickle like Inchobes : Take a peck of the largest Sprats, without Heads, and Salt them a little over Night; then take a Pot or Barrel, and lay in it a lay of Bay-falt, and then a lay of Sprats, and a few Bay-leaves with a little Limon-Peel, then Salt again, thus do till you have filled the Vessel, then cover and pitch it, that no Air get in, fet it in a cool Seller, and once in a Week turn it upfide down; in three Months you may eat them.

Stains that come not by Water, wherein a little Castile-

Stains another : Take Water and Starch, and make it into a Paste, with which cover the Stain, laying it about as thick as a Shilling, and leave it there: Next day rub it off as you would do dry Dirt: Or rub the Stain with Spirit of Turpentine.

soap has been dissolved.

Stanching Blood: Take round Mushrooms, or Puffbalk, in Autumn, when they are full ripe; break them warily, and fave carefully the Pouder that will fly out, and the rest that remains in their Cavities, and ffrew this Pouder all over the Part affected, binding it on with a Liniment, and the Bleeding will be imme-

diately stayed.

· A most excellent Styptick for Stanching of Blood in & Green Wound. Take Hungarian Vitriol a pound, Salt of Tartar three ounces: mix and calcine gently in a naked Fire. This being applied prefently stops the Bleeding; or being diffolved in Water, and Cloths dipt in it laid over the bleeding part. But if it is calcin'd in the Sun by the help of a good burning Glass. it adds much to its Vertue, as Greafe are taken out by boil- we have given a Demonstration ing Limon peel in Small-beer, of in the Solar Calcination of Anwith a little Copperas, till it simony, in our Pharmacopæia be very strong of them: then | Bateana, Lib. 1. Chap. 9. with a hard Brush rub up the Sect. 14. ad 21. This also is place with it, and take it out excellent. Take Hungarian or again after a while with fair, Roman Vitriol calcin'd to whiteness by the Sun Beams, three ounces, Saccharum Saturni two ounces, Roch-Alom in fine pouder one ounce: mix them to be used as the former. But if it is to flop an inward Bleeding, or Flux of Blood, fee . Spitting Blood, where we have given you a Specifick inferior so no other thing, in the World.

Steak-Ppe : Cut a Neck or other Joint of Mutton in

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Steaks, then feafon it with Pepper and Salt, lay your Paste into your baking Pan, and lay Butter in the bottom; then lay in your Stoaks, and a little large Mace, and cover it with Butter, so close it, and bake it, and against it is baked. have in readiness good store of boil'd Parily, minced fine, and drained from the Water, fome White-wine and fome Vinegar, fweet Butter and Sugar, cut open your Pye, and put in this Sauce, and shake it well, and ferve it to the Table : it is best hot.

Stephens's = Water : . See Doctor Dtephens's-Water.

you are stung with Wasps, Hornets, Bees, or the like, Take Juniper-berries when ripe, and bruise them, then distil them through an Alembick; and not only wash the place stung, but drink about a quarter of a pint of it with an ounce of the Juice of Rue.

Stiptich-Water, the New Way: Take Golcothar, or red Vitriol, which remains in the Retort after the Spirit is drawn out, Sugar-candy, and Burnt-Alom, of each half a dram; the Urin of a young Lad, and Rose-water, of each half an ounce : Plantain-water two ounces : mix them well together for a considerable time, then pour the Mixture into a Viol, and when you separate it, do it by inclination for ufe.

This is fo excellent for fto? ping Bleeding , that a Bolfter dipped in it, and applied to an open Artery, and held there a while, it has fay'd the Bleeding of it. A Pleaget thruft up the Nostrils do's the like for the Bleeding there. Taken inwardly, it cures the Spitting of Blood and Bloody-flux, &c. The Dofe, taken inwardly, is from half a dram to a dram, and it may be given in the Water of Knotgrafs, Nettles, or Wood-forrel. This Water is excellent for any one to carry about them, and may upon any Accident bappening fave a Life, that the Effusion of Blood, if not speedily Stingings of Infeas : If hopped, may carry away with

> Stockings Eilb to Mah: Make a good strong Lather with Soap, and pretty hor, then lay your Stockings on a Table, and take a piece of Seaman's Sail Cloth, double to up and rub them foundly with it, turn them first on one fide. and then on the other, till they have past through three Lathers, then zince themwell, and hang them to dry with the wrong fides outward; and when they are near dry, pluck them out with your Hands, and smooth them with an Iron on the wrong fide.

> Stomach Bot : When you find any great Heat or Buraing in your Stomach, Take green Housleek, bruise it and press out the Juice; then over a gentle Fire make

it into a Syrup with white Sugar,

This is excellent good, an ounce taken at a time for the Heart burn.

A much better Medicine than this, is our Syrupus Antifebriticus, taken three spoonfuls at a time in a Glass of Alo sweetned with Sugar, and taken at Night going to Bed: and if it is vebement, the Syrup may be taken Morning and Evening.

Stomath Elipte: Take the diffilled Oils of Cinnamon, Cloves, and Wormwood, Citron and Orange-peel, of each fix drops, refined Sugar, finely beaten, Spirit of Wine rectified, and Mint and Orange-flower-water, of each fix ounces: mix them well, and make an Elixir.

This Elixir is exceeding good in all cold Infirmities of the Stomach, as also to fortifie the Nobler Parts. The Dose is from two drams to half an ounce, in Wine, Ale, or the like

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Stemath Dain's: If the Stomach be afflicted with Pains occasioned by windiness, or Causes proceeding from the defect of the Spleen. Take an ounce of Cinnamon, and Galengal, as much; put to them, when bruised, half a pound of Sugar, and lay it, when boiled up to a heighth, on Plates, make them into Lozenges: Take one at a time, and drink a Glass of Wine after it, and it will work gently; so that

in often taking, your Thirst will be much abated.

If the pain is inveterate or of long Standing, and very extream, none of the ordinary Medicines will do ; but you must come immediately to the ufe of fint Alcalies, Such as is this following Composition : Take the Orient part of Offer fells Levigased, Crabs Eyes Levigated, of each one ounce, Coral Levigated one ounce and half, or Terra fogillata in fine pouder four ounces : min them; give the Parient of this Pouder half a dram or two Scruples at a time Merning and Evening in a Glass of Ale, which is to be continued for forme few days; it never fails to do the

Take Agrimony two drams, finall Centaury-tops one dram, Coriander-feeds bruffed one feruple, Saffafras, Shavings and Bark, one dram, Gentian-root half a dram, Zedoary-root ten grains: put these to three quarters of a pint of boiling Spring-water, cover it, and let them steep twelve Hours; then strain it, and Bottle it up.

It exceedingly fortifies and refreshes the Stomach, eases it of Pains and Gripings, and prevents the Iliac-Passion.

Take Spiritus Univerfalis a pint, Winters-Cinnamon, Cloves, Natmegs, Gentian, Tops of Wormwood and Gentery, yellow of Orange and Limon-Peels, Zedoary, all in grofs Pouder or well bruifed

bruised, of each three drams: mix and digest twenty four Hours; then decant the Liquor. Dose one dram, Morning and Evening in a Glass of Wine.

Stone, the Cause and Cure: The Stone is ingendred of vicious and slimy Flegm in the Reins and Bladder, where by heat it petrefies and takes to it felf the hardness and nature of a

Stone.

To diffolve and bring away this, Take of the Tops of Borrage, Fenil, Parfly, Endive and Succory, Spearage and Beets, of each a little handful; fhred them and boil them in three quarts of Rhenish-wine, drink a quarter of a pint of it Morning and Evening; and once a Week, take a Clyffer made of Mallows, Groundfil. Southernwood, and Fetherfew boiled in fair Water, and mixed with two ounces of brown Sugar, especially if the Affliction be in the Reins.

Another: Take thirty or forty Drops of Spirit of Caftor in a Glass of Rhenish Wine every Morning fasting.

Another: Take of the Juice of Leeks, Or ons and Radishes, of each two pound; Juices of Limons, Pellitory and Mouse-ear, of each half a pound; Cake of Crystal and Pidgeon's-dung, of each half a pound; digest it for ten Days, then distill it. You may give it from one dram to half an ounce at a time in Rhenish Wine.

Another : Gather the Leaves of Golden-rod when it is in its greatest Vigour, dry them in the shade; and when you are troubled with the Stone or Gravel, take one ounce thereof (made into fubtil Pouder) . in a small Glass of Whitewine and Milk, of each a like quantity; repeat this as often as there is cause for it. When the Herb is green, you may boil a handful of it in Whitewine Poffet-drin!, and drink it instead of the dried Herb. which is to keep all the Year.

Another: This is one of the greatest Secrets in Nature for this Cure. Take Goat's Blood dryed and made into fine Pouder, Strasburgh or Venice-Turpentine boiled in fair Water, so long till (being cold) it may be reduced into Pouder, of each an ounce, mix them. Doje one dram Morning and Evening, drinking this Julep after them. Take Rhenish or Whitewine, Par-By or Arsmart-Water, of each a quarter of a pint or better, Syrup of Winter-Cherries an ounce and half, min for a Draught.

Stratu: The Strain or Sprain being newly contracted: Take a handful of Wormwood and bruife it well in a stone Mortar, then put to it the Whites of two Eggs beaten; make a Poultis of it, and lay it to the grieved place.

Take green Comfrey roots, cleanse them and beat them in a Mortar to a Cataplasm, which spread upon Leather and apply

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it; it is one of the best things in the World: where note, that some having cleansed them, boil them in Water to softness, then beat them in a Mortar to a Gata-

plafm.

Dtrangury: This is caufed either from the Urin's being over sharp, which provokes the expulsive Faculties to expel it before any quantity be gathered together, or that the retentive Faculty to the Bladder is weakned through some distemperature, especially of Cold, or elfe through some Ulcer, or Inflammation of the Bladder, to which the Urin coming, doth extimulate the expulsive Faculty; or lastly, when the Womb, or Bowels being inflamed do trouble or distend the Bladder. To remedy this,

Take Caffia one dram, Manna two ounces, Violets, Sorrel and Pursiain, of each a pugil; Licorice, Prunes, and the Leaves of Mallows, each two ounces: bruise and boil these in two quarts of Whey till a fourth part be confumed; strain out the liquid part, and sweeten it with Honey, and drink a quarter of a pint as hot as may be faffing, and an hour after take a quarter of an ounce of the Oil of Violets, and half an ounce of the Oil of weet Almonds mixed together.

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This is a famous and often experienced Remedy. Take of our Gutta Vita, Powers of Juniper

Powers of Annifeeds, of each an ounce: mix them: give one spoonful of this in a Glass of Ale or White-Port-Wine upon extremity, and at Night going to Bed, two, three, or four grains of my Volatile Laudanum, Or you may give this. Take White-Port-Wine a gallon, Winter Cherries in fine Pouder, eight or ten ounces: mix and digest cold for a Month, then give the clear Liquor half a Pint at a time Morning and Night. or oftner if in extremity and need requires it. See also our Prescription of Goats-blood aforegoing.

Strengthning the Bomsels: Take Cloves, or Chives (not Bulbs) of Garlick, and Iwallow at convenient times one or two of them without

chewing.

You must pull off all the Skins to the very innermost thin one, which you must by no means break, and then the Clove or Cloves are to be (wallowed whole: So will it be done without any offence to the Stomach or Breath, and be free from offending any Company, or the By-standers.

Stump De Season:
Take Veal or Mut. on, mince it
raw, and make it up into Balls
about the bigness of large
Walnuts; then put half an
ounce of Pepper, half an
ounce of Nutmegs, and half
an ounce of Cloves and Mace;
Marjoram, Thyme and Savory cut small, then add a
pound of Currans: mix these

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well

well together, and put them to two pound of the Meat; then work them up into Balls of the aforefaid bigness with fix Eggs, and at the clofing up put a pound of Butter difperfed among them in little Balls as big as Marbles. Then make a Caudle with a quarter, of a pint of Whitewine, half a quartern of Verjuice, the Yolks of three Eggs, and a little whole Mace: then putting in about a quarter of a pound of Butter when they are well beaten up and thickned over a gentle Fire, put it into the Pye; and fo clofing the Lid, bake it in an indifferently well heated Oven.

Sturgeon Boiled : Take a Rand and cut it into square Pieces as big as a Crown Piece, flew them in a broad mouth'd Pipkin, with three or four large Onions, fome large Mace, three or four Cloves, Pepper, Salt, fome fliced Nutmeg, three Bay-Leaves, some White-wine and Water, Butter, and a race of fliced Ginger, flew them well together, and ferve them on Sippets, running them over with Ben Butter, fliced Limon and Parberries; let the Garnish be the same.

Sturgeon to Pickie : Garbidge your Sturgeon, if it be a Female, keep the Spawn to make Caveer, fplit him down equally on the Back, cut off the Jole to the Body-ward,

be leaft, bind up these Pieces close with Flag or Tape, feafon them very well with Salt, let at boil an Hour and half before you take it up, all the while it boils foum off the Oyl, and fupply it with Liquor, otherwise it will be rusty.

Sturgeon Douced to Been : Draw your Sturgeon and cut it down the Back into equal-Sides and Rands, then wash it from the Blood with Water and Salt, then boil it in warm Vinegar and Salt, till it be tender, then put it in some place to cool, when cold Barrel it up close, with the Liquor it was boiled in.

Dturgeon. Dre , Bot : Take a Rand of Sturgeon and cut it into Collops about the bigness of a Goose Egg, then feafon them with Salt, Nutmeg, Ginger and Pepper; your Pye being made, put in the bottom some Butter, then your Collops of Sturgeon with two Bay leaves, some large Mace, whole Cloves, blanched Chefnuts, Goose-berries, or Barberries, and fome Butter; being baked, pour in a lair made of Butter, the Blood of the Sturgeon and Claret-Wine, boiled up and beaten together.

Dugar-Cakes: Take a pound of fine Sugar, beaten and fearced, with four ounces of the finest Flow, put to it one pound of Butter well washed with Rofe-water, and work then your first or second Rand | them well together, then take very fair, let your Tail piece the Yolks of four Eggs, and

beat

beatthem withsomespoonfulsof let it soak very well in the O. Rofe-water, in which hath been fleep three days before Nutmegs and Cinnamon, then put thereto fo much Cream will make it knead to a stiff Paste, roul it into thin Cakes, and prick them, and lay them on Plates, and bake them; you need not to butter your Plates, for they will flipoff of themselves, when they are cold.

Bullabub, fee Syllabub. Burfeit = Mater : Take what quantity of Brandy you please, and steep a proportionable quantity of red Poppyflowers in it; and when the colour is extracted, press them out, and put in fresh and fo do till the Brandy is of a deep Tincture; then flice in Nutmeg, Ginger and Cinnamon, of each two drams, to a quart of the Brandy, and add an ounce of fine Sugar likewife to every quart. Then keep it close flopt, and it is excellent good for Surfei's, Wind, or Illness of the Stomach.

Sman: When it is killed, is either boiled or scalded, if full of Hairs, then old, but if not full of Hairs, then young, and when young called Cy-

Diman Dye: Pluck and skin your Swan, take out the Bones, then Parboil it and feafon it with Salt, Pepper and Ginger, Lard it, and put it into a deep Rye Coffin, with a good quantity of Butter,

ven, and being baked, pour in at the Funnel some melted Butter.

Dieat to 1920boke : Take of our Gutta Vita, from thirty, to fifty drops, Powers of Juniper fixty drops, of our Aqua Bezoartica one ounce: mix for a Dose, which give in a Glass of Sack, at Bed-time; 'tis an excellent thing.

Dwect - Wzeads Bak'd: Take and boil them, adding thereto some parboil'd Currans, two or three minced Dates, the Yolks of two New. laid Eggs, fome grated Whitebread, feafon it lightly with Pepper, Salt, Nutmeg, and Sugar, wring in the Juice of an Orange or Limon; lay all these between two Sheets of Puff-Paste, and bake it, or fry it well in good fweet Butter.

Sweet - Meats Excellent : Take half a pound of blanched Almonds, beaten very fine with a little Rose-water. two ounces of the Leaves of Damask Roses beaten fine, then take half a pound of Sugar. and a little more, wet it with Water, and boil it to a Candy height, then pet in your Al-monds and Roles, and a grain of Musk, and let them boil a little while together, and then put it into Glasses, it makes a fine fort of Marmalade.

Smeet Beats of Grapes : Take and pluck them from their Stalks and bruise them well, then strain them through

a Strainer made of French Canvas; then fet that Juice in a Gally-Pot, into a Kettle of boiling Water for three Hours; then take the weight of it in fine Sugar, and boil it to a Candy height, then put in your Juice of Grapes, and boil it till it be very clear, and fcum it well; then put it into Glaffes, and fet them into a Stove for a while.

Sweet Beats of Bafps, Currans, oz Cherries : Boil your Rasps (in a high Pot stopt close) till they be all come to a Liquor, then let the clear run through a strainer, and to a pint whereof, put a pound of Red Currans (first stoned and the black ends cut off) and a pound of Sugar; boil these till the Liquor be gellied, then put it in Glasses, it will look like Rubies in clear Telly. You may do the same, with Cherries, either stoned and the Stalks cut off, or three or four Caps upon one Stalk, and the Stones left in the first, and boiled in Liquor or Raips.

cinciling to Break: Take of falt Butter half an ounce, Leaven one ounce, white Muftard-feed two drams, Garlick one dram, Oil of Camomil three quarters of an ounce: bruife and mix these together, and apply them hot Poultiswife, spread on a Colwort-leaf; suffering it to lie on four or five Hours; and then if the Matter be soft,

and the Skin not broke, open it gently with a Lancet, or potential Cautery; and being opened, for its speedier Cure use this Decoction.

Take round Aristolochia, Agrimony, Self-heal, Par-fly-roots, and Gentian, of each an ounce; boil them in half a pint of Wine, and as much Water; and tenting it with proper Unguents, lay on this consolidating Plaister.

Take the dried Roots of round Aristolochia one ounce, Frankincense, Mastick, and Myrrh, of each two drams; Aloes-fuccotrine one dram, Litharge four scruples, red Lead two scruples, Meal of Lupins one dram; make these into a very fine Pouder: then dissolve Deers-suet one ounce, Oil , of St. John's - wort fix drams, washed Turpentine half an ounce, Bees-wax three ounces; and being well incorporated over a gentle Fire, put in the Pouder, and make all into a Plaister.

This is admirable in any Tumours, or Swellings, and more-particularly in Plague-Sores.

Smelling when the Gout ceases: To remedy this, Take the Ashes of burnt Oister-shells, or rather the Pouder of them, when they are calcined, the Ashes of Sponges and Dodder, of each an ounce: boil them in a pint of sharp Vinegar, and a quarter of a pint of Water; and with the Decoction

Decoction bath the Part as hot as may be endured.

Or you may bath the Part afflitted with this following mixture: Take Spirit of Wine a pint, Campbire two ounces: mix and dissolve: bathe the Place affeeted well with this, two, three or four times a day, or more and then as you fee occasion; apply Linen Cloaths, eight or twelve times double, dipt into the Liquor, upon the part, and Jo

gently bind it up.

Smelling of the Liber, 02 Spleen : Take the Leaves and Berries of Ivy, infuse them when bruised ten days in Whitewine; then boil it till the Wine is three quarters confumed, ftrain out, by hard pressing, what liquid part remains, and put to it a like quantity of Olive-oil, and half the quantity of Bees-wax, and therewith being warm'd over a gentle Fire, anoint the, Place nearest to the Internals so grieved, as hot as it may be endured; and in fo often doing, you will find great Advantage thereby.

melling of the Matrix: This is frequently caused by Ventofities, or Windiness after the Birth of Children. To Remedy it, take Mustard-seed, or Rape-feed, and boil them in Water, make a Fomentati-

on, and inject it.

The most excellent thing for this purpose is to bathe the Region of the Womb, Morning and Evening very well with Powers of Amber; this Medicine will give relief beyond all immagination; more especially if two drams of it be given inwardly in a Glass of Sack, or Whitewine, at Night going to Bed.

Smallom-Water: Take twelve Swallows out of the Nest, cast them whole into a glass Alembick, add thereto the Shavings of a Man's Skull Caftor one three ounces, ounce and a half, Pouder of Misseroe one ounce; Juice of the Roots and Leaves of Male-Peony fix ounces, Water of the Flowers of Tillet, Lavender, and Lily of the Valley, of each a pint and a half; Vinegar of Squills half a pint : macerate them over a gentle Fire the space of forty Hours: then distil them in a moderate Sand-heat, and keep the Water for use.

It is an excellent corrected Anti-Epileptick-Water, and has particular Virtues against that Distemper. It is given about a Spoonful in the Fit, and may be continued every Day, as occasion requires, after the ule of general Remedies.

Dwelling of the Pard: A Cataplasm of Baked Turneps applyed as hot as they can well be endured, and renewed as need require, is a most excellent thing in this Cafe: I have known very great Swellings of this Part totally taken away by this remedy, (through its discussive Vertue) in the space of forty eight Hours.

Canary or White, wine a forig of Rosemary, a Nutmeg quartered; the Juice of a Limon, and some of the Peel with Sugar, put these together in a Pot all Night, and cover them; in the Morning take a pint of Cream, and a Pint and half of New-Milk; then take out the Limon peel, Rosemary and Nutmeg, and squirt your Milk and Cream into the Pot, with a wooden Cow, sold at the Turners.

byllabub athipt: Take half a pint of Rhenish or White-wine, put it into a pint of Cream with the Whites of three Eggs, season it with Sugar, and bear it as you do Snow-Cream, with Birchin-Rodds, and take of the Froth as it rifes and put it into your Pot, so do it till it be beaten into a Froth, let it stand out two or three Hours till it do settle, and then it will eat finely.

Sprup of Citron-Juice: Take three pints of Citron-Juice extreamly purify'd, put it into a g'als or glazed earthen Veffel; then diffolve therein fix pound of fine Sugar, ftir it till the Sugar be wholly incorporated with the Juice; continue ftirring, as well when it is off, as when upon the Fire, and observe that you make use of no Vessels for the preparation of this, or any other Syrup of acid Juices, but fuch as are made of glass, or glazed Earth; for if they be of

Metal the Acids will take their Tincture and spoil the Syrup.

This is a great cooler, and therefore given in Fevers and hotDifeases; also to cutFlegm, and gargarize sore Mouths.

Dyrup of Coral : Take four ounces of red Goral well chosen, grind it into Ponder on a porphyry Stone; moisten it with Rosewater, and being dry, put it into a glass Cucurbit, and pour on it three pints of the Juice of Barberries well clarified; put the Cucurbit in a Heat of Ashes moderately hot forty Hours, firring the Ingredients from time to time with a wooden Spatula; then filter the Liquor through a brown Paper; weigh it, and return it into a glass Cucurbite set in Balneo Maria; dissolve in it the double weight of Sugar, it is excellent in pestilential Distempers.

Sprup of Elder: Take ripe Elder-berries, bruise them well, press out the Juice, and put to a gallon a pint of Canary, or Muscadel, boil it to the consumption of almost one half, keeping it well scummed; and when it is hot off the Fire, put in the Sugar, and shir it about: then set it on again till it thickens to a Syrup.

This cleanses the Stomach and Spleen, takes away the Obstructions of the Liver, by taking a spoonful fasting, of-

Sprup Epileptick: Take Missesse of the Oak, Roots of Peeny, the Shavings of a dead Man's

Man's Skull that dy'd a violent Death, of each half an ounce, Flowers of Lily of the Valley; Rosemary, Lavender, Sage, and Marigolds, of each a little handful : bruise the Missetoe and Roots, and put them together with the Shavings of the Skull and Flowers, into a Matras, and pour on them one pint of restified Spirit of Wine; and having well closed the Veffel, let them macerate a Week together over a a moderate Heat; then with a gentle Heat draw off half the Spirit of Wine, and preserve it a-part. The remainder being preffed , clarified and filtered , bring it into the consistence of a Syrup with eight ounces of the finest Sugar; thin aromatize it with two drops of distilled Oil of Ginnamon.

This Syrup is very highly commended for the Prevention and Cure of the Epilepsie. It is to be taken alone, and fasting, from half an ounce to an ounce: You may re-inforce the Dose with a dram of the Spirit drawn off, and mix the Syrup with cephalick Waters, or Decoctions.

Sprup of Bhubarb: Take of the best Rhubarb, and the Leaves of Senna, of each two ounces and a half; a handful of Violet-flowers, Cinnamon one dram and a half, Ginger half a dram, Succory-Water two quarts: let these insuse over warm Ashes, or Embers, a Night, the liquid part being well pressed out through a close Strainer; and then boil it up with Sugar to a Syrup, ad-

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n's

ding to it four ounces of the solutive Syrup of Roses.

This is a very good and gentle Purge, and may be safely given to Children and weak People upon any urgent occasion, they being kept from taking Cold upon its reception. The Dose is from one ounce to an ounce and a half. It expels evil Humours, fortifies the Stomach, and causes a good Digestion, kills Worms in Children, and causes gentle breathing Sweats.

Syrup for Bheums: Take Syrup of Jubebs, Syrup of Corn, Poppy-flowers, and dried Roses, of each an ounce: mix these together, and take half a spoonful at a time.

Spoer to Make and D2= der : Take your Apples, as you fancy the Syder most convenient to your Palate, viz either Red-streaks, Pearmains, Pippins, Golden-Pippins, &c. when they are indifferent ripe, so that upon shaking they will fall with tolerable Ease : bruise or grind your Apples very fmall; and then putting them into a Hair-Bag, squeeze out the Juice in a Press by degrees, and not over haftily: put up the Liquid part into a Cask feafoned by burning a Rag in it, at the end of a Stick, dipped in Brimstone, when the Smoak is evaporated, and the Veffel washed with a little warm Liquor that has run through the second straining, or Husks of the Apples: and to make it work kindly, put in a little Flour

Plour and Honey made up in a Paste, and enclosed in a thin Rag; fo let it stand in a moderate warm place fix or feven Days, and then draw it off from the Lees or Settlings into another Cask fo ordered, or Bottle it up at your discretion. But in Bottling take Care to leave an inch space from the Cork, left in working or fermenting again, it either force out the Cork, or break the Bottles. Or if fuch Danger appear by the finging of the Air through the porous Part of the Cork, you may open them and give them vent, or have a Quill run through the Cork, which you may stop and open at pleasure with less danger and difficulty. And fo of the Cask, in Winter keep it in a warm place for fear of chilling or freezing : and in Summer in a cold Place, lest it ferment; and that tainting it, it grow musty or thick. You may likewise preserve it from these latter, by putting a little lump of Loaf-Sugar for it to feed on.

Spect of Collins: This is usually made for present spending; for it will not keep longer than Autumn, though it is of an excellent Taste, and very pleasant, and sparkling to the Eye; and so called Summer-Syder. To do this, Take your Codlins when they begin to be ripe, and lay them in Hay or Straw three Days, after they are gathered, to sweat a

little; then cut them in quarters, and take out the Core and Kernels, and bruise them as the former; fqueeze our the Liquid part, and let it run into a Vessel beneath the Pres, through a very fine Hair or Tiffany-Sieve, that may stop the Fragments that will come away with it. Being drawn off, warm it over a gentle Fire, but suffer it not to boil. foum off the part that bubbles up, and sprinkle into it some fine poudered white Sugar-candy; then put it up into a Cask, and with a little of it, heat about half a pint of Ale-Yeast, and pour it in very warm; and so let it work for Twenty four Hours, then draw it off into another Cask. or Bottles, and leave either of them open ten or twelve Hours in a cool place till it is fit to ftop up close: and so ordering it, it will be fit to drink in eight or ten Days, and have a chrious cooling tart flavor with it.

Sopper another way: Take fuch Apples as are suitable to your Palate, pare them, and cutting out the Core and Kernels, slice them, and boil them in a sufficient quantity of Water till a third part be consumed. A Peck of sliced Apples to a Barrel of Water, when first put in, before the consumption, is sufficient. Then strain the Water from the boiled Apples, and pour it on three Pecks of bruised Apples that are not boiled; and

fo letting it, after fourteen or fifteen Hours steeping, run from them; then prefs out what will not otherways come away by the fwelling of the Apples, and put it up for ule. Let it work fufficiently; then ftop it close, and be careful to mind it, also giving vent, if there be occasion, lest it force the Cask, or Bottles; and when it is fined, it will be in Colour and Tafte like Champaign Wine.

Spoter another way : Take a peck of Apples and flice them; and boil them in a Barrel of Water, till the third part be wasted, then cool your Water as you do for Wort: when it is cooled you must pour the Water upon three measures of ground Apples; then drain out the Water at a Tap three or four times a day, for three Days together; then press out the Liquor and Tun it up: when it hath done working, then ftop it up close.

Syder its Spirit : This may be gained without distilling, and the better way, by ferting a Hogshead of Syder to freeze in Winter, and fo the strength of it retiring to the middle, (which will be about twelve or fourteen gallons, when the weaker part is overpower'd by the cold) let it out by broaching with a hot Iron. It will prove stronger than Canary and much of the Taffe.

This Way is frequently ufed in New-England, and other Places, where they have great plenty of Syder.

Dyber Royal: It is two 1. Of the strength of fold. White-wine. To every Hogsbead of Syder, put four gallons of Spirit of Syder, or Brandy (which is about a pint of Spirits to a gallon of Syder) and one gallon of Sweets. 2. Of the strength of Canary. To every Hogshead of Syder, put fix gallons of Spirit of Syder or Brandy; and three gallons of Sweets, which so to every gallon of Syder . pint and half of Spirit, and three quarters of a pint of Sweets. These Sweets are thus made. Take Sugar twenty eight pound, Was ter eight or ten quarts, in which ten Whites of Eggs are well beaten and dissolved, put the Sugar into a Veffel or Kettle, over a gentle Fire, and add thereto a gallon of the Egg Water, fir all about till the Sugar is diffolved; when it boils, put in more Egg Water, to keep it from boiling too high, and fo continue putting it in one half pint after another for an Hour, till all your Egg Water is Spent, thus will the Eggs carry away all the foul. ness of the Sugar, making it rife in a feum, and fo be taken clear off: this done boil it to the Confistency of a Syrup, which will be very pure, and being cold is to be used, with a little Corianter-feed, tyed up in a Rag: you may make this either of White or Brown Sugar : if of White,

the Syder Royal, will be of a pale colour; but if of Brown Sugar, it will be almost of an Amber colour, which latter, fince it is not only cheaper, but as pure, may in my Opinion be as well used: of these Sweets you are to put in to please your Palate, more or less, as the tartness of your Syder requires ; which is yet not to be done, till the Syder is rackt off the last time, and that it is paft the Fermentation. After the mixture is three or four Months old it will be fit to drink; but observe that the stater your Syder is before the Spirits are put to it, the more time the mixture will require to meliorate, and the fooner they are put in, provided it is after the last racking, the fooner it will be fit for drinking, but

the longer it is kept before it is drunk, the better it will be. This Syder Royal, drinks very unpleasingly when it is first made; but after it has stood its due time without drawing, no Wine will be more strong and pleasing; nor is it to be Bottled up, till it has flood its due time in the Gask. This Syder will keep in Casks, two or three Years, provided the Cask is kept full, for that in two Months time, it will be apt to waste a quart, more or less, as the Vessel is in bigness, so that it must be continually filled up again with Liquor of the Same strength, or rather stronger, by which means it will grow better and better for Some Years; but if it is kept too long, it becomes as unpleasant as old Hock, &c.

Ablets of Crocus Martis: Take Saf-fron, of Vitriol, of Mars half an ounce, Earth-worms washed in Wine. dried and pulverized, one dram, Cinaamon Pouder, very fine, half a dram, i refined Sugar boiled in Mugwort-water fix ounces: mix them well, and make them into Tablets, called Tablets of Saffron of Mars.

These Tablets are proper to openObstructions of the Bow-

the Matrix. The Dose is from two drams to half an ounce : they are to be taken fasting in a Morning, and about an Hour after drink two or three spoonfuls of Worm-wood Wine.

Waffetp=Warts: . Take fine Flour a quarter of a peck, the Yolks of twelve Eggs, fweet Butter two pound, Yeast a quarter of a pint, Sugar two ounces: mix thefe well with hot Liquor till they be made into a stiff Paste, rowl it up els, and particularly those of linto small Balls, and then into

thin Plates with your Roller: wash round the Brims of them with new Milk; then boil Pipens foft, take off the Peel, and scrape off the Pulp from the Core, mix the Pulp with a little Sugar, Rose-water, the Scrapings and candied Orangepeel, and a little Marmalade of Quinces: make them up in the forms of Tarts, bake them in a gentle Oven, after you have dried them first in a warm Place, and ferve them up scraped over with Sugar, and fprinkled with Effence of Violets, or Rofes.

Canfie: The Juice is good. but the Conferve is most approved, 'Tis used for the Gripes, Stone in the Kidneys, Worms in the Belly, Obstruction of the Courses, and the Dropfie? It refifts Putrefaction, and brings away or expels putrefied Blood: It is good for. the Scurvy, and purifies the whole Mais of Blood, enlivening the whole Body; but especially for the Dropsie it is taken with good fuccels.

Canfie the New Way: Take about twelve or thirteen new-lay'd Eggs to three pints of Cream, yet put in but feven of the Whites of the Bggs, and strain out a pint of the Juice of Spineage, or Endive, and Sorrel, fix or feven fpoonfuls of the Juice of Tansie, Nutmeg fliced fmall, and half a pound of fine Sugar, with a little Rose-water and a little Salt beat together; then fry it it to the Table. If you will

in a clean Pan, that it be not blacked, with Butter. Serve it up with Sugar, Role-water,

and Orange-juice.

Canfle , another Way : Take a penny Manchet, grate it very fine, add a handful of fine Flour, and the Yolks of fix Eggs; then grate in two Naples Biskets: make these thin into a Batter with Rofe-water and Canary; then add two ounces of the Juice of Garden-Tanfie, after it is well clarified and fettled, and an ounce of the Juice of Clary; with a little beaten Cinnamon. and Sugar : Fry thefe in fweet Butter over a gentle Fire, til! it becomes fomewhat brown. but beware of burning ic, for then it is spoiled : then serve it up sprinkled with Rosewater. wherein Saffron has been infufed, and fcrape over fome Loaf-fugar.

Canfie Green, to frp, oz boil ober a Pot: Take a quart of Cream, the Yolks of eighteen Eggs, half their Whites well beat, mix them together, and put in one Nutmeg grated, then colour it well with the Juice of Spinage, Iweeten it with Sugar, put it in the Pan, and pour in your Butter, and fry it on the one fide, then turn it on a Pye-Plate, and flide it into the Pan again, and fry it, then put it on a Pye-Plate, lay fome thin flices of Limon upon it, and ftrew on fine Sugar, and ferve

not fry it, then Butter a Difh and pour it therein, and fet it upon a Pot of boiling Water till it be enough. Thus you may make Tanfies of any other things, as Violets, Rasberries, Gilliflowers, Cowflips, Marrigolds, or any fuch like and colour them, with their Juice : wou may use green Wheat instead of Spinage.

Taragon: This is used frequently in Sallads to correct the coldness of other Herbs, and their Crudities. It is good for cold Stomachs, procuring an Appetite, and expelling Wind: It provokes Urin and the Courses, opens Obstructions; and being chewed, evacuates Flegm, and eafes the Pains of the Teeth.

Caragon Dickled : Strip it from the Stalk, put it into a Vessel with half White-wine, and half Vinegar, stop it close

and keep it for use.

Caragon Boultis: Take of Taragon a handful, Ruetops half a handful, Brionyleaves five or fix ; bruife them well, and mix them with two ounces of the Oil of Waterlilies.

This is an excellent Poultis, to allay Inflammations in Swellings, ease Pains in the Belly, by being applied to the Navel pretty warm; fuddainly draws to a Head, and breaks Plaguefores, or other Swellings caufed by internal Corruption.

Car-Mater: Take of the

its drofs, or fettling, fix pound, put it into a thin earthen Veffel, and fet that Veffel in a cold Still; make under it a gentle Pire, and when there comes a thorough Heat, a thin Vapour will ascend and distil into your Receivers; 'or for fear of injuring the bottom of your Still, you may have fuch an earthen Vessel as will flut close with the head of your Still.

This is an excellent and approved Water for all dry or old Sores, Scurfs, Scabs or Ulcers, being washed or bas thed with it. It likewise eafes the Pains of the Gout, or any Pains occasioned by coldness in the Joints. A Lint dipt in it, and applied, eafes the Pains in the Teeth : the Temples bathed with it eafes the

Pains in the head.

Cart of Green Beale : Boil the Peafe tender, and pour them out into a Cullender, feafon them with Saffron, Sugar, and Salt, add fweet Butter and then close up these Materials in a Paste; when it is baked, ice it over with Sugar and Rosewater: put in a little Verjuice, and shake it well; and fo scraping a little Sugar on the Lid, ferve it up.

Wart of Apricocks : Take fome Apricocks three quarters ripe, scrape the out-fide off and put them into Water as you scrape them; having raifed your Tart, dry them and best Sweeds Tar, refined from fill it therewith, strow good

ftore

flore of Sugar on the top, close it, bake it an hour, and scrape

on Sugar.

Cart of Cherries: Stone your Cherries, and lay them in the bottom of your Pye, with beaten Cinnamon, Ginger and Sugar, then close it up bake it and Ice it, when it is baked, pour into it Muskadine and Damask-Water, well mingled together, and scrape

on Sugar.

Wart of Wieen Sprouts : Take green Sprouts, and give them a scald in hot Water, lay them a draining, and fo mince them small, and put them into fine Paste, and garnish them with Herbs, feafon them with Lard melted, and Beef-marrow, and an Onion fluck with Cloves and Pepper, and fome thin flices of interlarded Bacon: between the interlayings of the Herb, and fo cover it up with some Paste; and when it is baked, put in some Gravy, and the Juice of Limon, and ferve it up.

Cart in Pattipans: Take a pound of Flour, three quarters of a pound of Butter, and four Eggs, leaving out the Whites, and fifteen large Pippins, one pound of Sugar, cut your Pippins round, cutting out the Cores, wash your Paste when they are in the Pans with melted Butter, and on the top of the Lids put some shred Orange or Limon-peel, they must be roll'd out very

thin.

Carts of Pears, Marbens Pippinsand Quinces : Take four Wardens, five Quinces, fix Pears, eight Pippins, pare them and flice them into thin flices, then feafon them with beaten Cinnamon, Orange and Citron, candied and minced, or for want of that you may use the raw Peels of Limon or Orange minced small, lay on the top of all, two pound of Sugar, then close up your Paste, Pasty-pan, or Dish, bake it and Ice it, scraping on Sugar.

the Pistaches, and green Citron, and put it into fine Paste, and season it well with Sugar and Cinnamon, with the Juice of Limon, and cover it up; when you serve it, put Orangessowers to it for garnish, or other candied Flowers.

Tart of Dippins: Having some Puff Paste ready in a Dish of Pan, lay in some preserved Pippins, which have Orange-Peel in them, and the juice of Orange or Limon to close them, and bake them a little.

two pound of Prunes in as much Claret-wine as will cover them; being tender firain them, then wash and rub them all together, and pour in some of the Liquor they were stewed in, to wash the Prunes from the Stones; then set what you have strain'd, over a Chafing Dish of Coals with a lit-

tle whole Cinnamon, large Mace, a little Orangado and Citron minced, feafon it with Sugar, Rofe-water, beaten Cinnamon and Ginger, let it boil up till it be thick, after this take out your whole Spice; let not the Walls of your Tart be above an inch and a half high, and dry it first in an Oven, you may make it corner'd Fashion either in fix, or eight. then put in your Stuff, and let no Corner be empty, but with your Spoon plant it every where, put it into the Oven, and let it stand a little, when you drawit, flick it with Lozenges, and scrape on Sugar.

Cart of Mite: Boil the Rice, when clean dressed, in Cream, or Milk; and when it is tender, put it into a Dish, and season it with Nutmeg, Ginger, and Cinnamon, a little Pepper, Salt and Sugar, the Yolks of fix Eggs, and the Juice of Oranges: bake it in a gentle Oven; and being enough, draw it: then scrape Sugar on the Lid of it, and

fo ferve it up.

Deats: Take some Puff Paste, and toll it very thin, and lay it in the bottom of your Baking pan, then lay in a Lay of Preserved Barberries, then some more Paste very thin to cover them, then some Currans Preserved; and then a Sheet of Paste to cover them, then any white Sweet-Meat, as Pippins, white Plumbs or Grapes, so lid

it with Puff Paste, cut in some pretty fansie to shew the Fruit, then bake it, and stick it full of Candied Peels, and serve it cold.

Cartar, the Cream foluble : To make this Soluble, Take Cream of Tartar, diffolve it in a Sufficient quantity of hot Water : then gently drop into it Liquor of Salt of Tartar till the Ebullition cease, evaporate the superfluous Moisture, and the Soluble Cream of Tartar will remain; for the quantity of the fixed Salt sur-mounting the Acidity of the Gream of Tartar, breaks the Union of its Parts, and infinuating its Pores, makes it disfoluble in cold Water, or cold Liquors; whereas, otherways, it could not be dissolved, but in those that are boiling bot.

For Soluble Emetick Gream of Tartar, Take Grocus Metallorum, mixed with Salts and Gream of Tartar, of each two ounces pulverize them very finely, and let them macerate for fifteen Hours in three pints of cold Spring-water: then digest them as long in a moderate Sand-heat, and at length encrease the Fire, and let them boil gently; filter the Liquor, and evaporate it till a thin Film cover it, then set it in a cool place to crystallize.

The Parts of the Tartar, being dissuited by the fixed Salt remaining in the Saffron of Metals, is easily dissolved in cold Water, and fitted to purge upwards and downwards, giving it from two to three, four, five, or

fix grains, in Broth, or Wine, or ome other convenient Liquor.

Cart of Stramberry: Take middle sized Strawberries, and wash them, put them into your Paste, season them with Cinnamon, Ginger, and a little Red-wine, on the top lay Sugar, let it stand in the Oven about half an Hour; then draw it, ice it and scrape on Sugar.

Ceats: If they feel thick or hard upon the Belly, then they are fat ; but if they feel thin upon the Belly, then they are lean; and if they are dry footed, then stale killed, but if limber footed, then they

are new killed.

Teal Boiled: Take the largest fort of Teal, draw them and pick them clean, then take about a dozenstewing Oifters, Thyme, Sage, Winter-favory and Parfly clean ftript and cut fmall: make them with a little Butter and Pepper into a Ball stiffned with Flour; and the Fowl being truffed, put this into the Belly, tying the Neck and Vent very close, then put the Fowl into the Water when it begins to boil: being boiled tender, dish them on Sippers, with Gravy, Anchovy-fauce, and the Herbs; laying the Oifters, with fome Limon-peel and Parfly, about the Dish for garnish.

Cears to Prebent : If Tears or watry Humors are ulually standing in the Eyes,

hindring the Sight, and being much Troubled, Take of A. loes Epatick two drams, infufe them in about half a pint of White-wine, and Rosewater, of each an equal quantity, and wash the Eyes with the Liquid part Morning and Evening; or else foment them with the Water

of Stechados.

Teafle, its Decoction : This is usually called Fullers-Thiftle; the Roots of it boiled in Wine help to cure Ulcers, and Warts. There is a Water that is received in the hollowness of the Leaves of this Plant, as it grows, after a shower of Rain, which, by long standing there, becomes good for the Inflammations of the Fyes, also to take away Spots from the Face, and beautifie it. The Herb boiled in Wine purges by Urin.

Teeth to Falten : Take a pint of Red or Claret-wine, and, about half an ounce of Japanearth, dissolve it as much as may be; then pour off the Clear, and wash the Mouth with it often? or, Take Sage, and Winter-favory, boil them in Spring-water till the Water is strong of the Herbs; then put into a pint an ounce of Honey, and half an ounce of Alom, boil it a little till the latter are dissolved: and then being frained, wash your Mouth with it at convenient times.

But there is nothing better than to rub the Teeth and Gums with Green Scurvigrass, fix, eight, or ten times a Day or to hold the

Herb between the Teeth and Lips all Day, between Meals; but e-specially to les it lye there all Night, und this to be constantly done, for twelve, or fourteen Days together, more or less, as you see occasion; this method clears and cleanses the Teeth, absolutely cures the Scurry in the Gums, fills them up with Flesh, and fastens the Teeth if they be loose, beyond all other things what seever.

Let the Party, if it can be agreeable, frequently rub his
Teeth with the Ashes that remain in a Pipe after it is
smoaked, washing it afterward
with fair Water. Or, Take
the Juice of Housleek, and
Scabious, and wash your Mouth
with it once of twice a Week
in the Morning.

Take the Ashes of Vine-sprigs, and those of the Root of Burdock, put them into Vinegar, let them steep about six Hours; and then first wash your Mouth with fair Water, and afterward with Vinegar strained clear from the Ashes, and it will six and preserve the Teeth to a very great Age.

Teeth, by reason of their Rottenness, or Humours settling under them, cast an ill savour, to Remedy it, Take sour ounces of Cummin-seed, seeth it in a quart of White-wine with some Tops of Baum and Mint, till a quarter of a

pint be confumed; and with this wash your Mouth Morning and Evening.

But to wash the Teeth with Juice of Scurvigrass, sive, six, or eight times a Day, is beyond all other things what soever; I speak what I know by experience.

Cench-Dve : To order this, and feason it well, Take about fix Tenches; and having made the Coffin, lay a laying of Butter, and some Nutmeg, Cinnamon, and Mace lightly scatter'd over it; then lay in the Tench, put over them some more Butter and Spice, with a few blue Currans clean washed; and pour in about a quarter of a pint of Claret , then bake it well : when enough, make it out, and put in more Butter at the fpour, and ferve it up with fome fine Sugar dufted over

feafon a Carp-pye, but three of them, if any thing large, are sufficient in one Pye.

Water of Plantane Eye-bright, Pimpernel, and Oil of Roses; beat them up together, and and wash or anoint the Eyes with them, and the Sight will be much strengthened.

If they are apt to be afflicted with a wiolent Flux of Rheim either from Weakness, or taking cold, you may wash the Eye with simple Brandy cold three, four, five, or six times, at due inter-

wals

vals: It is a remedy beyond most other things: nor will it make the Eye smart so much as some, which seem to be much more mild.

Cenefitius: Mix Balfam of Sulphur, made with Oil of Turpentine, with Linfeed, or fome otherfuch like convenient drying Oil, till the Balfam be thereby fo well allayed, that it may be well endured; then let the Party dip a Finger in it, and use it as a Suppository once or twice a Day.

Cerms of Art, and Bard Mords in Phylick, &c. Explained. Abstergent, wiping.

Acrimony, is a Quality that is biting upon the Tongue.

Acid, is a thing very fharp,

viz. Liquids, Herbs, &c.
Agglutinate, to glue roge-

ther.

Alexipharmick, refisting Poifon.

Alternately, by Turns.

Anodyne, gives eafe.

Aperitive, opening.

Aqueous, watry.

Aromatick, odoriferous, or

Spicy Imells.

Althma, Difficulty of Breath.

Attenuate, to thin.

Attractive, Drawing.

Afringent, Binding.

Bituminous, of the Nature of Pitch.

Bulbous, Round Rooted.

Calefie, to hear. Capillary, Hairy. Cardiack, Gordial. Garies, Rottenness.

Carminative, expelling Wind.

Catoplasm, A Poultis.

Cephalick, proper for the

Head.

Cholera, A pleasant Evacuation of Choler upward and downwad.

Compress; A Linen Cloth often folded; a Bolster; also a Chirurgick Instrument.

Concreted, Thickened.

Consolidates, makes found or whole.

Corroborate, to Strengthen. Cosmetick, Beautifying.

Diabetes, A vast Evacuation of Urin.

Decant, to pour gently off, and leave the fettling behind.

Decestion, a boiling of the

Liquor to any thing.

Digeff, to Dissolve.

Dilate, to open wide.

Dilated, made thin.

Discuss, drive away.

Detergent, cleansing.

Detersive, cleansing.

Diuretick, force Urine.

Ebullision, boiling.

Effusion, shedding.

Emollient, softening.

Empyema, a Collection of Matter in the Breast.

Epstick, proper to the Liver.

Epithem, an outward Application to the Stomach, Heart, or Liver.

Erofion, a Gnawing.

Errhine, a Medicine drawn up the Nostrils.

Excrescent, growing up. Exhilarate, to make merry. Expellorate; to bring up the Matter from the Lungs.

Fibres, Strings. Filtrate, to frain through & Paper.

Faces, Dreggs. Frontals, an Application to the Forehead. Fungous, any thing spongy.

Humest, to moisten. Hysterick, Vaporous.

Incarnes, Breeds Flesh. Indurate, to wash hard. Inspiffated, thickened.

Lenitive, mild or gentle. Levigate, to make smooth. Ligature, a binding of Linen-Cloth.

Lingus, a Medicine for the

Lungs. Lithontriptick, a breaking the Stone.

Lotion, a particular Bath. Lubricating, Smoothening. Luxations, Members out of Joint.

Membranous, Fibrous. Millepedes, Hog-lice. Mucitaginous, Slimy.

Narcetick, occasioning Sleep. Nephritick, belonging to the Reins.

Nerve, a porous fubfrance:

Oblong, longer than Broad. Obtale, Blunt. Oedematous, Flegmatick.

Palpitation , a Beating of the Heart.

Paralytick, subject to Palsie. Paregorick, disposing to Sleep, Perennial, lasting. Pulmonick, proper for the

Lungs.

Refrigerate, to cool. Reperculs, to beat back. Repress, to beat down. Refinous, of the nature of Rofin.

Rupture, a Burstenness of the Belly.

Scirrbus, a hard Tumour. Sextiary, fomewhat above a pint.

Sicuity, Drinefs. Soporifick, gives Rest.

Specifick, a particular Remedy for some peculiar Distemper. Splenetick, proper for Spleen.

Spontaneously freely of its own accord.

Stagnating, standing still .. Stomachick, proper for the Stomach.

Styptick, Aftringent. Sublimated, raised to the Neck of a Vessel.

Succulent, Juicy. Sudorifick procuring Sweat. Suppurating, bringing to Matter.

Tablets little pieces cut out like Lozenges,

Thoracick, proper for the Torrifi-Breaft.

Torrification, Roafting.

Vegetable, an Herb. Vehicle, fome proper Water to take a Pouder, or the like in.

Viscous, flimy, tough, clam-

Uterine, proper for the Womb.

Vulnerary Potion, a Drink

for healing Wounds.

Terms of Carbing: Leach that Brawn. Break that Deer. Lift that Swan. Break that Goofe, Sauce that Capon. Frust that Spoil that Hen. Chicken. Unbrace that Mallard. Unlace that Coney. Dif-Disfimember that Hern. Display gure that Reacock. that Crane, Untach that Curlew. Unjoint that Bittern. Allay that I heafant. Wing that Quail. Mince that Plover. Wing that Partridge. Thigh that Pigeon. Border that Pa-Thigh that Woodcock: And the Word in Carving proper to all manner of Small Birds is to Thigh them.

ving taken off both the Leg; lace it down the Breast with your Knife, and raise up the Flesh; then take it quite off with the Pinnion and so stick the Head in the Breast, and set the Pinnions on the contrary side of the Carcass, and the Legs on the other side, so that the Ends of the Bones may meet across over it, and the it.

other Wings cross over the

To Unbrace a Mallard, Is, to raise up the Pinnion and Leg, but not to take them off; then raise the Merry-thought, and lace it down on either side the Breast with your Knife, bending it to and fro.

To Souce a Capon: Lift up the Right Leg and Wing, and fo array forth, and lay him in the Dish as if he were to fly.

To All ay a Pheasan: Raise the Leg and Wings as it were a Hen, and put no Sauce but Salt.

To Wing a Partridge: Raife his Legs and Wings, and if you mince him, fauce him with Wine, Pouder of Ginger, and Salt, and so setting him on a Chasing Dish of Coals to warm, serve him up.

To Wing a Quail: Raise his Legs, and Sauce it with Salt.

To Display a Crane: Unfold the Legs; and cut off the Wings by the Joints, then take up the Wings and Legs and Sauce them with Pouder of Ginger, Mustard, Vinegar, and Salt.

To Dismember a Hern: Raise the Legs and Wings, and Sauce him with Mustard, Vinegar, Pouder of Ginger, and Sair.

To Unjoint a Bittern: Raife the Legs and Wings, and Sauce it with Salt only.

To Untach a Curlew: Raife the Legs and Wings as a Hen, and put nothing but Salt to

To Unlace a Coney: Lay it on the Back, and cut away the Vents, then raife the Wings and the Sides, and lay the Bulk and the Chine together; Sauce them with Vinegar and Pouder of Ginger.

To Mince a Plover; Raise the Legs and Wings, and put on-

ly Salt.

To Thigh a Woodcock: Raife his Legs, and dight his Brains; but in the ordering of a Snite you must raife the Legs, Wings, and Shoulders: And so in the Case of other fort of Small Fowl. But as to some Larger, take the following Directions.

Swan to Lift: Slit her downright in the middle of the
breaft, and so clean through
the Back from the Neck to the
Rump, and cleanly and handsomely part her in two halfs,
that you break not, nor tear
the Meat: Lay the two halves
with the slit side downward
in a fair Charger; throw
Salt about it, and let your Sance
be Chaldron, served in a Saucer.

To Rear a Goofe; Break the Goofe contrary to the former way, viz. Take off her Legs very fair from the Body, cut off the Belly-piece round and close to the lower end of the Breast, lace her down with your Knife on each side, your Thumb's breadth from the Bone, in the middle of the Breast; then take off the Pinnion on each side, and the

Flesh which you have first laced, raife it quite up from the Bone, and take it from the Carcafe with the Pinnion: then cut up the Bone which lyes before in the Breaft, called the Merry-thought, the Skin and the Flesh being upon it; then cut from the Breaft another flice of Flesh quite through; take from the Bone, and turn the Carcais, and cut it afunder, the Back-bone above the Loins, and take the Rumps bone-end, and lay it in the Dish with the Skinny fide upwards, lay it at the fore end of the Merry thought with the Skinny fide upwards, and before that the Apron of the Goofe; then lay your Pinnions on each fide contrary, and in like manner place the Legs behind them, that the bone-end of the Legs may stand up cross in the middle of the Dish, and the Wing-Pinnions on the out-fide of them: put under the Wing Pinnions, on each fide, the long flices of Flesh that you took from the Breaft-bone, and let them meet under the Leg-bones, and let the other ends lye cut in the Dift between the Legs and the Pinnions: pour your Sauce of Muffard, Apples, and Sugar, well mixed, under the Dish, and sprinkling on Salt, you may ferve it up with Gravy Sauce, or what others you are furnished withall in the foregoing Treatife.

To cut up a Turkey or Buftard: Raife the Legs up very fair, and open the Joint with the Point of your Knife, but take them not off: then lace the Breaft down on both fides, and open the Breaft-Pinnion, but take it not off; then raise the Merry-thought between the Breaft bone and the top of it: then face the Flesh on both fides the Breast bone, and raifing up the Flesh called the Brawn, turn it outward on both fides, but break it nor, nor take it off: cut off the Wing-Pinnions at the Joints next the Body, and stick on each fide the Pinnion where, the Brawn was turned out; but cut off the sharp end of the Pinnion, and take the middle piece that will just fit the Place.

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This way you may Carve up a Capon, or Pheasant; but in the Capon cut not off the Pinnion: but in the place where you put the Pinnion of your Turkey or Buffard, you must put the Gizzard of your Turkey, on each fide half.

Terms to Proboke : Take for three Mornings together, about the expected time of the Menfes, a gram, or a dram and a balf of the Galls and Livers of Eels dried and reduced to Pouder, in a Glass of Whitewine or Canary.

Cetter : To cure this, Take black Soap, a quarter of an ounce, Bole-armoniack two drams, Oil of Turpentine

three drams, Bees-wax half an ounce, and Bears-greafe one ounce; make thefe up into an Ointment, or thin Plaister. and apply it to the Place, renewing it every Day, and a speedy Cure will enfue. This also breaks the Whitloe, and is excellent against Scalds or Burns.

Or, Take fair Water a quart, white Vitriol, Roch-Alom, of each an ounce: mix and diffolive, and with this Water wash the Tetter. two, three, or four times a Day. for a quarter of, an Hour, at a time, as bot as it can be endured : In ten Days time it will perfettly cure it, though it has been of twenty Years standing.

Cetters to bill: Take of burnt Alom, Ginger, and Flower of Brimstone, of each a like quantity: mix them well and incorporate them with fresh Butter, so much as when melted will bring them into the confishence of an Unguent; and with it anoint the Part afflicted, as hot as can be well endured, when you are going to Bed, and let it continue on all Night; and when you rife wash it off with Celandine-water : but upon going to Bed take a little Gascoign-pouder in a spoonful or two of Treaclewater to prevent the Humours being driven into the Mass of Blood, which oftentimes happens when this is not on, bathing the Place with Celandinewater.

Thosom-war: The Decoction of this Herb in Wine or the Leaves poudered, are applied fuccessfully in Ruptures and Contusions. Some hold it is a proper Remedy for the King's Evil, also Fra-Sures, and an Erylipelas.

Thorn-Apple : An Oint ment made of the Juice of the Leaves, and Hogs lard, is excellent for Burns and Scalds.

The Seed is to be avoided. because taken for a time it occalions Madness.

Throat-Sore : Take Verjuice of Grapes an ounce, best Honey half an ounce, crude Alom about a dram and a half: make thele into a thinnef , and with a fine Rag at the end of a small Stick; or Wyre, thrust it as far as is convenient into your Throat where the Sore is, and bathe the Place grieved with it. Do this often and between every two times make a gargling with some

Throat = most : This Plant. especially the Root, is aftringent, and drying and therefore the Decoction is excellent at the beginning of Ulcers and Inflammations of the Mouth and Tonfils, and for other Diseases that require aftringent Remedies.

Plantane and Rofe-water.

Chaush: This is usually inciden among Children, and frequently proves very dangerons: wherefore to Remedy it, Take Juice of red Sage, two ounces, as much A-

lom beaten as the bigness of a fmall Hazle-nut, and half a fpoonful of Honey, which when the Juice begins to wast. put in, fo let it boil a little : and having cooled it, rub the Party's Mouth with a little of it, washing it afterward with the Juice of Sage.

Thome: (here I mean the wild fort It is hot and dry. and consequently forces the Courses and Urin. It is cephalick Uterine, and Stomachick, and therefore good against Spitting of Blood, Gripes, and Convulfions, & Outwardly applied, it eafes the Pains of the Head and Giddiness and disposes to Sleep.

Chome Barben, its dertues: These are very great, as will appear to any one that does but observe That it provoketh Urine : it doth hear, and being taken in Drink, doth purge the Integnals, and expectorates all naufeous and ill Humours of the Lungs by Spitting: four drams of Thyme dried and reduced to Pouder, being taken fasting in a Glass of Canary by often reseating, eases the Pains of the Gout ; for it gently purges Choler and other fharp Humours: 'It is good also for Diseases in the Bladder; and a dram being taken in an ounce of Water and Honey, is good for fuchas have their Bellies begin to swell, for the Sciatica, and Pains in the Reins, Sides, and Breaft; for Inflammations and

Stitches

Stitches about the fore-part of the Belly; for Melancholy Persons, and for those that are troubled in Mind and much given to Frights and Fears upon flight occasions, if three drams be taken in an ounce of Honey and Vinegar well tempered together: it is also profitable against the Inflammations of the Eyes and the vehement Pains thereof, and much revives the Sight. There is an Oil extracted from it of the colour of Gold, which cometh forth with a Water, when the Herb being fresh and green is distilled in a Bath Water. This Oil of hot fmells like a Citron, and is very tart-in tafte: its Virtues are to heat all cold Parts; but by the way note. That for what has been mentioned, Black Thyme must not be chosen; for it corrupteth the Temperature, and engendreth Choler; and therefore it must be that which bears a carnation Flower, or that which beareth a white one.

Tickling Bheum: This is caused by defluxions of Rheum, and is often very troublesome. To remove it. Take Olibanum and Venice-Treacle, of each a like quantity; incorporate them well, and make them up into little Pills, and let the Party take a dram of them; and if need require it. a scruple or two

once or twice a Day.

Every Night going to Bed let the Sick take from two to fix Grains of my Volatile Laudanum; and every Morning fasting this mixture: Take choice Tent or Alicant fix ounces: Tin-Eture of Catechu made with Brandy, a spoonful and half: mix for a draught; if these things be continued for some time, they will not fail of do-

ing the Cure. Cincure of Imber: Reduce five or fix ounces of yellow Amber into an impalpable Pouder, put it into a Bolt Head, and on it pour Spirit of Wine the beighth of four Fingers, and ftop the Head with another to make a double Veffel; and when you have exactly luted the Junctures with a Skin or wested Bladder, place it in Digeftion in bot Sand, and leave it five or fix days till the Spirit of Wine is sufficiently tinged with the Amber colour. then decant the Tinfture, and put more Spirit of VVine to the Matter, and so digest it as before; then having Separated the Impregnation, mix it with the other, and filter them, and fo put them into an Alembick, and difil them with a foft Fire about half the Spirit of VVine, which might before serve, may do in this last, Keep the Tintiure mbich you find remaining at the bottom of the Alembick close fropt up.

You may take ten drops of this in some convenient Liquor for the spoplewy, Palfie, or Ep lepfle; and it is much commended

mended for the helping VVomen in most Distempers of the Head, or Affliction of the Brain.

Cindura Bacra : Take of the Species of Hiera Picra one ounce, Canary a pint: infufe the former in the latter in some cool. place the space of seven Days, Chaking it two or three times a Day and then let it fand till the V.Vine looks clear.

This wonderfully cleanfes and strengthens the Stomach, is good for the Jaundice, Dropsie, Habit of Body, and for opening Obstructions in the Liver, and Spleen. Three spoonfuls may be taken at a time, or more or lefs, according to the Age and Strength of the Party afflisted.

Emdure of Saffren: Digeft in two quarts of our Aqua Bezoartica , two quences of Saffron for the space of fix Days: then the Tindure being firained out , keep it close stopped for use. You may take of this balf an ounce at a time in a glass of VVine, or any other convenient Liquor.

This is wonderfully efficacious in chearing and comforting the Heart, concocting the crude Humours of the Breaft, belps the Jaundice, and is good against the Infection of the Plague, and is of fingular validity in driving out the Small-pox, but in that cafe you must be wary in taking too much of it, for fear of inflaming the Blood.

Toalts, or Balls, &c. frien: Take a boiled or raw Pike, mince it and ftamp

it into fome old fat Cheele grated into it, feason it with Cinnamon, Sugar, and boiled Currans, add the Yolks of hard Eggs grated; and thefe being all well mingled together, you may make them up into Toalts, Balls, Pastils, or any such little things, as you please; and frying them with fweet Butter. and grated Nutmeg, they will taste wonderfull pleasant : but the chief use they were devised and intended for, was to lay about the Dish, or under fundry forts of fried Meats. the better to fet them off, though they eat very curiouffy.

Cobacco: Though many are ignorant of any use of this Plant than in fmoaking, it has nevertheless many other ways of fingular Virtue, viz. It resists Putrefaction, provokes fneezing; the fmoaking' of it stops Catarrhs, and dispoles to rest, takes off Weariness, and suppresses the Fits of the Mother: It is a good Preservative in Plague times. A Gargarism of it cures the Tooth-ach, and dissolves the Tumour of the Uvula. A Bath of it. or the green Leaves applied, cure Leprofie, the Itch, kills Lice, and heals Wounds, cleanfes Ulcers, and takes out the Fire of Scalds, or Burns. The Smoaking of it strengthens the Stomach, helps Concoction, and gently moves the Belly; but is norgood to be taken, especially to any excess, by those of a hot Conflitution, because it dries up or evacuates too much moisture : It eases Pains in the Teeth, a hollow Tooth especially, being stope with it, either as it is, or the Cinder of it not burnt to Ashes. And in case of the Palsie, take the green Leaves of Tobacco, and infuse them in old Mallaga, and rub the Parts afflicted with the liquid part after Sweating : this has been often tried with fuccefs. A Pipe lighted, and the Smoak forced up the Fundament, eafes the Colick, or Pains of the Belly; it also cures the Fits of the Mother, and Faintings.

Cobacto Salbe : To make an excellent Salve of Tobacco, Take the Juice of green English Tobacco one quart, Olive-oil a pint, with as much Turpentine, Wax, and Verdigreafe, as will thicken them over a gentle Fire to the confistence of a Plaister.

This is excellent for Cuts, Bruises, Burns, Scalds, Gunfhot, and to be applied to the Place which any venomous Creature has bit or flung.

Conques of Deer, Calbes, or Sheep, Freed : Boil your Tongues, and peel them, then cut them into thin flices, and put them in to the Yolks of fix Eggs beaten with Nutmeg, Sugar, Salt and Cinnamon, with a handful of Currans, a little Limon, cut in thin fquare pieces, let your Pan be just

ready, then put in the Ingredients into the Pan by froonfuls, being fryed (but have a care of Burning) ferve them on Sippers with Sauce made of Sack, fweet Butter and Sugar, ferve it hot scraping in Su-

Conque-Dre: In the first place, Take a Neat's-tongue well boiled, blanch it and cut it in thin flices, as also fome interlarded Bacon, and lay a laying of the Bacon between every Laying of the Tongue: but let the Bacon be cut much thinner and leffer in quantity: then take half an ounce of Pepper, two large Nutmegs. and three Anchoves, forbearing to fprinkle any Salt : after this make a Leer with half a pint of Claret-wine, and fome Gravy, the Yolks of three Eggs, a piece of Butter, and grated Nutmeg, boil them up to a confiderable thickness: then when the Pye is to be ferved up, put it in with a Funnel at the Pipe, or open Place left for that Purpole. And by this method you may order and feafon a Hare-pye to the best Advantage to pleafe the Palate.

Cooth-Ach: To eafe the violent Pain of the Teeth, with which old and young are too frequently afflicted, Take two parts of Lisbon-Sugar, and one part of black round Pepper, make them into fine Pouder, and put them into a Spoon over two or three

well kindl'd Coals; and when the Sugar begins to relent, take off the Spoon, and whilft the Mixture is foft, form it into little grains, the fize to shape the hollowness of your Tooth, and stop it in as close as may be; and fo renew it as you find the first waste.

Cooth = Ach : Take the quantity of a Bean of Camphire dissolve it in as little as may be of Aqua vitæ, in a fmall Glass Viol, upon hot Cinders: then touch the Tooth with a little Tent of Cotton, or Linen, and if it be hollow, leave the Cotton or Linen moistned in the Tooth.

Another: Take Henbanefeed and Hyffop-feed, bruife them very fmall; then put as much Sweeds-Tar as will fix them together, to make them up into little Pellets, and ftop these into the hollowness of the Tooth, tyed up in a little fine Rag.

Another: Take Ginger, beat it fine, and fow it up in a fine Rag, more long than broad; then foak it in the Spirit of Wine, lay it to the Root of your Tooth, and though by by its Heat it may at first cause the Nerve of the Tooth to rave a little; yet in a short time, being often dipt and applied, it will altogether take away the Pain. Or, for want of this, take what follows,

Seeth clarified Honey one ounce in two ounces of Rose- fresh piece.

mary-water, or Hyffop-water; and taking off the Scum that will arise put in the fine Dust of Pepper, let it consume till a blackness ensue; and it thickens; then dip into it a Sage-Leaf, whilst it is hot, and lay to the Tooth, and the Pain will

prefently abate.

If the Tooth is not hollow you must take two, three, or four grains of our Volatile Laudanum every Night going to Bed : and in the Day time (if the Pain is extream) you must hold this mixture in your Mouth. Take of our Gutta Vita two drams, Sherry-Sack four Spoonfuls, mix them, which use at several times; but if the Tooth is hollow: take of our Volatile Laudanum ten grains, Scio Turpentine four grains, mix and incorporate it with Lint, which thrust into the hollowness of the Tooth to the bottom; but the best and infallible way is to burn the Nerve at the Root of the Tooth, with a red bot Knitting-needle, after this Operation, I never observed the Pain to return any more.

Cooth not Bullow: If there be no hollowness in the Tooth, or visible defect, and yet it akes, Take the Root of black Hellebore, commonly called Bear's-foot, scrape off the Rind, and cut a pretty flice, and lay it to the Tooth between your Gums, and the infide of your Cheek, avoiding the Rheum that it will occasion; and fo renew it with a

Cooth

fort of this is excellent for Ruptures and inward Wounds, and for Diseases rising from Decuxions, by taking two drams of the Pouder in Broth successively for several Days. It likewise eases Pains and Aches in several Parts of the

Body.

Engmentil: This is drying, and very astringent, and
therefore is very powerful in
the Fluxes of the Belly and
Womb; and being mixed
with vulnerary precious Ointments and Plaisters, it festinates
the Cure of Wounds, old Sores,
and Ulcers. From half to a
whole dram of this, taken in
Wine, is greatly commended
for curing an Epidemick Dysentency; Rhubarb being used
before, if occasion require

Treacle, Remedy for 3ques: Take of Venice, or London-Treacle half an ounce. put it into about four ounces of White-wine: then put it into a Vessel close covered, and let it simper for half an hour over the Fire, but not boil, stirring or rather shaking it sometimes about, and take it pretty hot about two Hours before the Fit comes on, and let the Party keep close in a warm Bed, in order to fweat; and repeat this two or three times.

This was experienced by the famous Sir Kenelm Digby, and by him ordered to be given to

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divers Persons; which was rarely given without Success.

Creacle-Spirit: Tomake this, Take the Roots of Mafler-wort, Angelica, Spignel, and the bigger Valerian, of each three ounces, Juniperberries, and the Seeds of Bishop's-weed, and Sefeli of Marseilles, of each an ounce; approved Treacle four ounces:
The Roots and Seeds being bruised together, macetate them eight Days in two pints of rectified Spirit of Wine: then make your Distillation, and preserve the Spirit.

This Spirit relists very powerfully all forts of Poisons: It may be taken in Spanish-Wine, or any Cordial Liquor, from one to four drams: It may be also apply'd to the Nostrils, Forehead, Temples, and Sutures of the Skull, for Headachs. Fainting Fits, or Dron-

finess of the Brain.

Treacle-Mater: This is the most Excellent fort of all. To make it, Take the Roots of Gentian, Angelica, Master-wort. Valerian, and Contrayerva, of each two ounces, Citron rinds . and Orange-peels, Cinnamon, Cloves, and Juniper-berries, of each an ounce; Tops of Water-Germander, Rue, and St. John'swort, of each one handful: infuse them three Days in Spirit of Wine, and Waters of Nuts, and Carduus Benedictus, of each a quart : then add four ounces of approved Treacle; difill the whole in a Sand-beat, and keep the Water close ftopped for

This is an excellent Water to resist Poison, and to fortifie all the noble Parts, being taken from one dram to half an ounce. Some make a Treacle-water, by dissolving the Treacle in equal parts of Spirit of Wine and Vinegar, using it without any Dift.llation; but Reason and Experience tells us this is far more Excellent :

Tre:fott, or Bucksbane : The Decoction of it in Whitewine is good against the Scurvy, as also, for Pains in the Limbs. The Leaves boiled in Beer, and taken shot, eafe Pains in the Bowels; but being bitter, it is best taken in any lemitive Syrup.

Crembling, a Bemedy: If the Members tremble and fhake, that you cannot at certain times hold them ftill, though no cause of Fear, Danger, or Defett, is evident to caufe it. anoint the Crown of the Head, the Hair being shaven off, and the other Parts especially where you find the Trepidation, with Powers of Lavender, and drink two arams of the Water that is made of Man, or Swines Blood. brought to putrefaction, with Aqua vite, or Spirit of Wine, and afterward difilled: and this must be frequently repeated for a Month's space.

Troches Bedozal : Take of white Sugar'a pound, white Sugar-candy, and Penids, of Roots of Florentine-orris half an ounce, white Starch an ounce and half, Licorice fix drams, with a convenient quantity of the Mucilage of Tragacanth extracted in Rolewater: make the Materials into Troches, that they may be perfumed. as occasion requires it, with four grains of Ambergreafe, and three of Musk.

Thefe are Excellent for Coughs, and Catarrhs in Winter, and for the preventing taking Cold in fuch whose occalions constrain them to Travelin damp and foggy Airs.

Crochifes Dooriferous: Take the Rouder of green Willow-coals three ounces, Labdanium two ounces, Storax and Benjamin, of each half an ounce; Mastick, sweet Tacamahacca, and yellow Amber, of each two drams; LignumRhodium a dram and half! make them up with the Mucilage of Gum-Tragacanth extracted with Rofe-water, and dry them in the Shade.

This is an excellent Perfume for Chambers and Rooms of Entertainment, as likewise to drive away ill Airs, and bad

Scents.

Crochifes, another Way : Take the Coals and Ashes of Rosemary, beat small, and sifted finely, four ounces, Labdanum two ounces, Storax and Benjamin, of each an ounce; Roots of Cyprus, Aromatick, red Mastick, and Amber of each four ounces; of the each two drams, Cloves one dram, dram, Musk, Civet, and Ambergrease ten grains, the Mucilage of Gum-Tragacanth, extracted with Orange-flowerwater, as much as will make them up, and suffer them to dry as the former.

These give an excellent Odour, and are very wholsome to the Brain, and drive away offensive Vermin and Insects;

being burnt on Coals.

Crotter - Dye : This is done with Wardens, Quinces, Pears, &c. and you may either take them feverally, or altogether quartered, or fliced raw; if in quarters, put some whole ones among them; if fliced, beaten Spices, and a little Butter; and Sugar, taking to every twelve large Quinces a pound of Sugar, and a quarter of a pound of Butter, close it up and bake it; and when it is well baked mash the Fruit; then put in fome Cream, and Yolks of Eggs well beaten, andstir them all together : then cut the Cover into five or fix pieces, Diamond fashion; put in a little Rosewater; and scrape Sugar over it.

Trouts to Stem: Take three or four Trouts, or more, according to their bigness, and put them in a Dish with somewhat more than a quarter of a pint of Sack, or instead thereof, Whitewine, with a quarter of a pound of Butter, a little whole Mace, some Parsley, a little Winter-savory, and Thyme, minced all foge-

ther; which done, put them to the Trouts; let these stew about a quarter of an Hour; then take the Yolk of a hard Egg, and mince it small, stewing your Trouts therewith then dish up, pour the Herbs and Liquor all over them, scraping Loaf-sugar thereon, and serve them very hot to the Table,

This is otherways called a Phlyctena, or a little Tumour in the carneous Tunicle of it. To remove it, Take the Ointment of Mucilages, and dress the Eye with it for some time to ripen the Tumour; then with a steady Hand open it with a Lancet, or Needle, and press out the offensive Matter: then cleanse and heal the Part with Honey dissolved in a little Sage-water.

Take a green Colwort-leaf, with red Veins, or Streaks) pare off the Ribs flat and almost level to the rest of the Leaf; then with the haft of your Knife bruise it, and apply it to the Part affected, renewing it three or four times a Day. This also allays any Heat or Pain by other means; anddraws gently mostly evacuating the Humour by Sweat.

eight ounces of fat Figs, two ounces of white Lily-roots, two ounces of Bean-flour, (or Meal:) boil them, the Figs and Roots being bruifed, in as much

much Water as will reduce them to the confistence of a good Poultis; which spread to a good thickness, and lay warm upon the Part, and shift it often till it becomes dry.

Spring-water a gallon, put into it a good handful of dried Sage, let it boil till it be ftrong of it, at what time put in about two ounces of Spanish Cake-foap; and when it is dissolved, the Decoction is compleat: and with this, and Stuphes, foment the Part grieved warm for a considerable time together. This is excellent good to allay and disperse all Tumours accompany'd with sharp and afflicting Humours.

Cumour in the Chioat: To cure or remove this, which indeed is tometimes very dangerous: Take a quart of new Milk, put into it a handful of Mallow-leaves, and a like quantity of the Leaves of Nightfhade: fhredding them fmall, and let them boil till the Herbs be tender; then put to them an equal quantity of the Crumb of White-bread, fo that being stirred with the other Ingredients, it may be reduced to the confiftence of a Poultis, amongst which fcrape a little Bole-armoniack fine in pouder; and fo fpreading it on a Sray, lay it to the Throat warm as may be well endured, and as it cools and dries supply it with another.

Cumour in the Chroat, another: To Remedy this dangerous Defect. gargarize your Mouth with Wine of Pomgranates, and Barley-water mingled together; also take Syrup of Poppies, and Syrup of Mulberries, of each a quarter of an ounce: Rosewater three ounces: mix them together, and not only gargarize your Mouth with it, but mixing a little Honey and Bolearmoniack with it, fwallow as much as will lie on a Knife'spoint Night and Morning, and it will allay the fwelling, and ease the foreness.

Curbut=Boil'd: Draw the Fish, and wash it clean from the Blood and Slime, put it into boiling Water and Salt, and fuffer it to boil very leifurely, keeping it fcuming, and add more Salt in the boiling; and when the Water begins to thrink add a little Whitewine and Vinegar, Mace, Ginger, and two or three Cloves, with fome Limon-peel; and when it is boiled and cold, put in a fliced Limon, or two, and take up the Fifh, and keep it in an earthen Pan; with the Liquor it was boiled in, close covered. Your Liquor you boil it in, must never be but little more than will cover it; and the Fire must be gentle, over which it is boiled, for fear of breaking.

Eurbut to fry: Slice the Fish, then hack it with your Knife, and it will be ribbed,

fry

fry it with Butter till it is near brown; then drain the Butter from it, and the Pan being made clean, put it in again with Claret, Ginger, and Nutmeg, fliced Anchove, Salt and Saffron beaten small, and so fry it till half the Liquid be consumed; then put in a piece of Butter, mix it well with the rest, and mince a Limon into it; then having rubbed the Dish with Onion, or Shalot, serve it up in what you

laft fryed it in.

Eurbut Baken : Wall and draw him, barb the Fins round, feorch him on both fides, feafon him well with fweet Herbs, Cloves, Mace, Nutmeg, Pepper and Salt on the under fide, feafon him in the Scorches (in the upper fide) only with Cloves, Mace, Nutmeg and Salt; then make your Coffin in the manner and form of a Turbut; dry him in your Oven, then take him forth and wath him in the infide with the Yolks of Eggs, and frow the bottom over with a minced Onion, and fix Anchoves, then put in your Turbut, with the backfide downwards and having fome fmall forced Meat Balls of Fish, put round about by the fides, and put Oysters and the Refuse and Liver, all over him on the top, and the Yolks of fix hard Eggs, with good store of Butter, and put him in the Oven, fee that you fupply him with Butter in the

baking : let the bottom of your Oven be very hor, that he may boil up to the top; when he is baked, make your Lear with White-wine, Vinegar, Oyfter Liquor; let it be hot, and beat it up with the Yolks of three or four Eggs. and put in your Turbut, fhaking it together that it mingle with your Butter, put it in the Oven again for a little while, and then dish it up garnish it on the top with fryed Oysters, and stick it all over with Toasts, made of White-bread, putting drawn Butter on the Top, thus ferve it up.

Turbut Baken: Your Turbut being fin'd, and prepared, flash it on the white side with your Knife, season it with small Pepper and Salt, Nurmegs, Cloves, and Mace, your Cossin being made according to the proportion of the Turbut, put it in, lay on Butter.

close and bake it.

Turbut to Souce: Having boiled it, put it into Vinegar, Salt, and White-wine, with some of the Water it was boiled in; then add some Spices, as Cloves, Nutmeg, and Ginger, some Tops of Fenil, and Bay-leaves, keeping it close covered.

If you would eat it hot when boiled, pour on it some stewed Oisters, lay slices of Limon, and run it over with beaten Butter, place Sippets conveniently in the Dish, and

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flick it over with fried Bread. Or ferve it up with beaten Butter, fliced Limon, sweet Herbs boiled and minced, Onions and Barberries cut small.

Curbut to Stem: To do this the best way, Cut it in slices, and fry it; and being half fried, put it into a Stewpan, or convenient Dish, with Claret, grated Nutmeg, and three or four slices of an Orange, a little Verjuice, or Vinegar, and some sweet Butter; and when it is sufficiently stewed, dish it up, and run it over with beaten Butter, sliced Limon, or Orange and Limon-peel, and so serve it up.

Turkev=Cock : If he be young he hath a fmooth blackish Leg, and a short Spur; if old, he hath a fharp Spur and a red Leg; if he be stale, he will be dry footed, and his Eves will be funk in his Head ; but if he be new killed, his Eyes will fland firm in his Head as if he were alive. A Curkey-Ben : If the be old will have a red Leg, and rugged Grain, but if young a smooth Grain, and if she is full of Eggs, she is faft and open vented; if hard vented, not full of Eggs.

to season it well, you must take half an ounce of Cloves, finely beaten, with a little Mace, Pepper beaten one ounce, Nutmegs sliced thin, or scraped one ounce and half, a quarter of an ounce of whole Mace; then put four pound of Butter in the Pye, mix more Salt than Pepper, and forget not to put two pound of Butter to every peck of Flour: And in this manner you may feafon and order a Goofe-pye.

Curkey Boafteb: Draw the Fowl, and take fweet Herbs, and fhred them, and put them into a Linen Bag with Butter and Spices, and fo put it into the Belly; then baft it as it is turning on the Spit with hot Water, till it is as it were parboiled; and drying it with a fine Cloath bast it with Butter, and dridge it over with a very few Crumbs of Bread and grated Ginger: and when it is roafted, ferve it up with Anchove fauce, small Herbs minced, and the Juice of Limon; garnishing it with Limon-peel, Tops of Hyslop, or Winter-favory.

Turkey Souced : Take one or two fat Turkeys when they are well dreffed, take out the Bones, and tye up the Flesh in the manner of a Sturgeon, put into your Veffel two quarts of White-wine, one of Water, and one of good Vinegar : make it boil, and pretty well feason it with Salt, then put in the Flesh, and let it boil till it be very tender; and when it is fufficiently boiled, Take it out, and talt the Liquor; and if it be wanting in harpness, put more Vinegar, and when it has boiled a little,

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put it into an earthen Pot; and when cold put in the Liquor it boiled in, quite covering it; so suffer it to remain three Weeks, or a Month: then serve it up as you do Sturgeon, with Elder, and Vinegar, and garnished with Fenil. Thus you may pickle a Capon, only then you must lard it with great Lardings before.

Curnin-25zeab : Take about half a Bushel of the middling fort of Turnips, not flicky, but fuch as will boil foft; being pared and boiled, press out the Water very hard till they are quite dry, beat them then in a Mortar, and mix with the Pulp about two pound of fineWheat-flour, and two ounces of Carrawayfeeds; put in a pint or fomewhat more of new Ale-Yeast, mould it up as other Bread, and let it be well foaked, and it will not only look but taft like Bread. This is not only made for faving Charges in poor Families in a dear Year, but of late has been much in efteem for Confumptions, and those troubled with shortness of Breath and Prifick; being very wholesome and nourithing.

Let them be young, and cut off the withered Leaves or Branches; when your Water boils put them therein; let them lie till they are pretty tender, then drain them from the Water let them stand till they are cold, then pickle them in White-wine-Vinegar, and Salt.

Eurpentine Plaister: Take four ounces of the best Tumentine, two of Bees-wax, one of Honey, a quarter of an ounce of Verdigrease, Deer's Suet two ounces, Oil-Olive two ounces: make these into a Plaister over a gentle Fire, by well stirring and mixing together.

This is exceeding good to draw Swellings to a Head, ease cold Pains, Aches, or Numbness of the Joints; to draw out Thorns, Splinters, rusty Iron, broken pieces of Swords or Gun-shot; and is a very singular Drawing Plaister on all Occasions, where the Humours are stubborn.

Gutlan: This flays Bleeding: the bruifed Herb or Juice applied, flays fpitting of Blood, or hindersthe Blood from flowing inwardly: the Juice being drank with a little Cinnamon-water and the Spirit of Wine.

Mlerian : Half a spoonful of the Pouder of the Root of this Herb before the Stalk springs, taken in Wine, Waters, or Milk once or twice, helps those that are troubled with the Falling-fickness: The Leaves bruifed are usually applied with success to slight Wounds, and have a power, when decocted in any convenient Liquor, to purge upwards and downwards, and give if the Party be careful of himself, fine gentle breathing Sweats.

Marieties, in a Bill of Fare, of such things as are in season for every Month in the Year, viz.

JANUART.

Brawn and Mustard. Boiled Capons in stewed Broth; or white Broth. Two Turkies in Staffaldo. A Hash of twelve Partridges, and a Shoulder of Two Bran Geefe boiled. A Farced boil'd Meat with Snites or Ducks. A Marrow Pudding baked. Surloin of Roaft-Beef. Minced-Pyes, ten in a Dish, or any other Number as you A Loin of Veal. please. Venison Pasty. A Roasted Two · Roasted Geese.

Two Capons, one larded; and Cuffards.

Second Courfe.

Oranges and Limons. A. Side of Lamb roafted. A fourced Pig. Two Couple of Rabbits, one Couple larded. Duck and Mallard, one larded. Six Teals, three larded. Six Woodcocks, three Larded, A Warden-Pye, or Dish of Quails. Dried Nears-Tongues. Six Pigeons three larded. A fouced Capon. Pickled Mushrooms. Pickled Oysters and Anchoves in a Dish. Twelve Snites, fix larded. An Orangado Pye, or a Tart Royal, of dried and wet Suckets. Sturgeon. A Turkey, or Goofe-Pye. Jellies of five or fix forts. Lay Tarts of divers Colours. A Plate of Sweet-Meats.

FEBRUARY.

Collops and Eggs. Brawn and Mustard. Four Rabbits hashed. A Grand Fricasie. A Grand Sallad, and a Chine of roast Pork.

Second Course.

A Lamb roafted whole. Three Widgeons. A Pippin-Pye. A Jole of Sturgeon. A Bacon-Tart. A cold Turkey-Pye. Jellies, and a Tart-Royal.

MARCH.

Brawn and Mustard, A fresh Neats-Tongue and Udder in Staffaldo. Three Ducks in Staffaldo. A roafted Loin of Pork. A Venison-Pasty. A Steak Pye.

Second Courfe.

A Side of Lamb. Six Teal. three larded. A Lamb frone-Pye. Two Hundred of Afparagus. A Warden-Pye. Marinated Flounders. Jellies, Ginger-bread, and Tarts-Royal.

APRIL.

A Bisket. Cold Lamb. roafted Haunch of Venison. A Goflin. A Turkey. Chicken, Custards and Almonds.

Second Courfe.

A Side of Lamb in Joints. Eight Turtle-Doves. A cold Neats-Tongue Pye. Eight Pigeons, four of them larded. Lobsters, and a Collar of Beef Tanfies.

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Scotch Pottage, or Skink. Scotch Collops of Mutton. . A Loin of Veal. An Olive, or Pallate-Pye. Three Capons, one of them larded. Custards.

Second Cour fe.

A Lamb whole. A Tart-Royal, or Quince-Pye. A Gammon of Bacon Pye. Tole of Sturgeon. An Artichoke-Pye hot, and Bolonia Saufages Tanfies.

JUNE.

A Shoulder of hash'd. A Chine of Beef. A larded, A cold Hare Pye. Sel-Venison - Pasty cold. A cold fey-Cockles broiled.

Hash. A Leg of Mutton rose fed. Four Turkeys, Chickens, and a Steak-Pve.

Second Course.

A Jane, or Kid. Rabbits. Shovelers. A Sweet-bread-Pye. Olives, or Pewits. Pigeons.

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Muskmelons. Portage. Boiled Pigeons. A Hash of Caponets. A Grand Sallad. Fawn. A Cuftard.

Second Courfe.

French Beans, or Green Peafe. Four Gulls, two Larded. A Codling-Tart, green. Portugal Eggs of both forts. Selfey-Cockles broiled.

AUGUST.

Scotch Collops of Veal, A boiled Breaft of Mutton. A Fricafie of Pigeons. A flewed Calf's Head. Four Goflings. Four Caponets.

Second Courfe.

Twelve Dotterels, fix of them larded. Tarts-Royal of Fruit. Wheat-Ears. A Heath-Pout-Pye. Marinated Smelts, a Cammon of Bacon, and Selfey-Cockles.

SEPTEMBER.

An Olio. A Breaft of Veal in Staffaldo. Twelve Partriges hash'd. A Grand Sallad. A Chaddern-Pye, and Custards.

Second Courfe. Rabbits. Two Herns, one A Florentine of larded. Tongues. Eight Pigeons roafted, four of them larded. Mutton Four Pheasants. Pouts, two

> OCTOBER. A 2 4

OCTOBER.

Boiled Duck. A Hash of a Loin of Veal. Roast Veal. Two Bran Geese. A Tart-Royal. Custards.

Second Courfe.

Pheafant. Pouts, and Pigeons. Twelve Knots, a Potato-Pye. A Turbut, and Selfey-Gockles.

NOVEMBER.

A Shoulder of Mutton stuffed with Oysters. A Loin of Veal, a Roasted Goose, and a Venison-Pasty.

Second Course.

A Larded Hern, and one not larded. A fouced Turbut. Two Pheafants, one larded. A Collar of Beef. A fowced Mullet, and Base. Jellies and Tarts of Fruit in sea-fon.

DECEMBER.

Stewed Broth of Mutton and Marrow-Bones. A Lamb's-Head, and White Broth, A Chine of Roaft Beef. Minced-Pyes. A Turkey fluck with Cloves. Two roafted Capons, one larded.

Second Courfe.

A young Kid, or Lamb, roafted. A Dish of Partridges. Bolonia Sausages. A Dish of Anchoves, garnished with Mushrooms, and pickled Barberries. A Dish of Caveer, and pickled Oysters. A Quince-Pye. A Dish of Woodcocks. And at Christmas, Plumb-potrage, and Minced Pyes.

Mobers Baked: To do this the Italian way, Boil-the

Udder of a Heiffer tender; then let it fland till it cools, cut it into small square pieces like Dice, feafon them with Cloves, Mace, Ginger, Cinnamon, Salt, Pistaches, or the Kernels of Pine-Apples, Dates, and flices of Marrow; then put them into the raifed Past of a Pye, not making it above an Inch high, like a Cuffard, and of a Custard-past, prick it and dry it in an Oven, and put in the Materials beforementioned, and to them some Cuftard-stuff made of Cream, and Eggs, Salt, Rofe-water, and a little dissolved Musk: bake and flick it with the flices of Dates, candied Pistaches, and scrape fine Sugar on it.

Moder 19 ye, another way : Lard a young Udder with great Lard, feafon it with Nutmeg, Cloves, Pepper, and Mace; and when it is boiled tender, and when it is cool, wrap it in a Collar of Veal, having feafoned it again with . the Spices and a little Salt. lay fome flices of Veal in the bottom of the Coffin of your Pye, and place the Udder on them, the which cover with other flices of Veal and for feafoning, put Lard and Butter, and close it up; and when it is fufficiently baked, liquor it with clarified Butter, if you defign to use it cold; but if hot, put in Whitewine, Gravy, and Butter, well beaten up together.

Meat

Meal to Boil : Here I mean a Breaft of Veal, a Joint unufually boiled. To do it, Make a Pudding of grated Manchet, minced Suet, and minced Veal, feafon it with Pepper, Nutmeg, and la little Salt, three or four Eggs, Cinnamon, Currans Dates, Raifins, Cream, Sugar, and Pepper: mingle them well together, fill the skinny end of the Breast with them, prick it up, then put it in a Pan, or between two Dishes, and stew it with ffrong Broth, Gravy, Whitewine, fome Marrow, fliced Dates, and a few Blades of Mace; run it over with Butter, Grapes, Limon-flices, and Barberries. Or thus :

Joint it well, and parboil it, put it into a deep Dish, or Stew pan, with some strong Broth and a bundle of sweet Herbs, some Mace, and slices of interlarded Bacon, some Capers, a few Cloves, and half a dozed Sprigs of Camphire, the Yolks of Eggs and Whitewine: stew these to a tenderness, and serve them up on fine carved Sippets.

Cut the Chine in three or four pieces, and lard them with small Lard, season them with Salt, and broil them, laying under them some Sprigs of Rosemary, Bay-leaves, and Sage, dust them over with a little Flower; and being broiled, serve them up with Gravy, the Juyce of Limon, and beat-

en Butter, as a commendable

Meal Collops to fip, 02 Smear : Take a piece of Fillet of Veal, and cut it into thin Collops, and hack it with the back of your Knife, and lard them with Bacon very thick, then put them into your Pan, it being pretty hot, and fry them with clarified Butter very brown on both fides; and let them be fo hastily done. that they may not be fried quite through; then having half a pint of Claret, and half a pint of Gravy, put it in your Pan (with four Anchoves, or three or four Onions. a little minced Thyme, and grated Nutrieg) amongst your burnt Butter : when it is boiled up, thicken it with the Yolk of an Egg, so dish up your Collops, and pour your Lear on the top : if your Pan be little, you may fry them at twice, and let them boil up after the same manner in your Stewing-dish: garnish them with Limon.

Der to Boast with farcing perbs: Take your Mear and wash it, and parboil it a little; then take Thyme, Parsley, and Winter-savery, of each a little minced small, put to them the Yolks of four hard Eggs minced, Nutmeg, Pepper, and Currans, and Salt, add also some Suet minced small; work all these with the Yolk of a raw Egg, and stuff your Meat

with

with it, but fave some and set it under the Meat while it doth roast: when your Meat is almost roasted enough, put to these in the Dish, a quarter of a pint of White wine-Vinegar, and some Sugar; when your Meat is ready, serve it in with Sauce, and strow on Salt.

Cleal a Leg and Bacon Botled: Take pretty big Lard. and with it lard your Veal all over, joining some Limonpeel to your Lard; then take a Middle-piece of Bacon, and boil the Veal therewith, when the Bacon is enough cut it into flices, and feafon it with Pepper, and dryed Sage incorporated together; Difh up your Veal with your Bacon round it, and fend up with it fome Green-Sauce in Saucers, ftrowing over it Parfley, and Barberries : Your Green-Sauce must be made after this manner: Take two or three handfuls of Sorrel, beaten in a Mortar with two Pippins quartered, after Paring add thereto a little Vinegar and Sugar, or take two handfuls of Sorrel beat it well in a Mortar, squeeze out the Juice of it, and put therato a little Vinegar, Sugar, drawn Butter, and a grated Nutmeg, fet it on the Coals till it be hot. then pour it on your Veal and Bacon.

Cleat forced dibers mays:

Beef-fuet, fhred fweet Herbs fmall, then beat Gloves, Mace and Pepper, put in some Yolks of Eggs, grate in Bolonia Saufages, and old Cheefe, feafon with Salt. (2.) Grated Cheefe, Calves-brains, fweet Herbs, and Spices, Saffron, Eggs, Goofe Erries, and Grapes. (3.) Raw Eggs, Marrow, Butter, sweet Herbs, Limon-peel fared fmall, Ginger, Cinnamon, and Sugar. And thefe may indifferently ferve for Kid, Lamb, or Venison, that is to be forced or flufed.

Cut it round the Leg in Slices, or in rowls as thick as your Finger, and lard, or not lard them at your discretion, broil them softly on the Embers, beat up Butter, Gravy, the Juice of Oranges, and the Yolks of Eggs for Sauce.

Meal-Daftp: Take half a peck of fine Flour, and two pound of Butter broken into little bits, one Egg, a little Sale, and as much cold Gream, or Milk as will make it into a Paste, when you have framed your Pasty, lay in a Breaft of Veal boned, and feafoned with a little Pepper, and Salt, but first lay in Butter: when your Veal is laid in, put in some large Mace, and a Limon fliced thin, Rind and all, then cover it well with Butter, close it and bake it, and when you serve it in, cut

it up while it is very hot, put in some White-wine, Sugar, the Yolks of Eggs, and Butter, being first heated over the Fire together: this is very fine

Meal : Ppe to Dealon : Take an ounce of Cloves and Mace finely beaten, a quarter of an ounce of Pepper, and a quarter of an ounce of whole Mace, half a pound of Currans, and two ounces of Thefe are fufficient to season a Loin of Veal, or any proportionable Joint fitting to be put into a Pye; there must be added likewise two pound of Butter. And this feafoming is very fuitable for a quarter of Lamb, if it be put in Paste.

Meal Bre, in Summer : Take thin flices of a Fillet of Veal, then having your Pye ready and Butter in it, lay in your Veal feasoned with a little Nutmeg and Salt, so cover it with Butter, and close it and bake it, then against it be drawn, scald some Gooseberries or Grapes, in Sugar and Water as to Preferye, and when you open your Pye, put in pieces of Marrow boiled in White-wine, with a little Blade of Mace: then put thele Gooseberries or Grapes over all, or elfe fome hard Lettice, or Spinage.

Mein to Stop : In cafe a Vein be cut or broke, to flay the excess of Bleeding, Take Olibanum two ounces, Aloes-

Hepatick one ounce, a little Wool of a Hare, the White of an Egg: mix these together, and dipping a Liniment into it of Flax, apply it cold to the Place, fuffering it to flick on a Day or two; then if you fee occasion, take it off. with Oil of Roses.

Take Hungarian or Roman

Vitriol one pound ; Rhenish, Tartar, half a pound, beat them. into Pouder, mix and calcine to Whiteness: this Pouder applyed. stops bleeding to a Miracle, and that upon the Spot. Some use it thus. Take of the former Pouder four ounces, Saccharum Saturni, two ounces: Roch-Alom in fine Pouder one ounce: mix them, and apply it, as the

former.

Meins Mindp: To expel offensive Windiness that afflics the Veins, Take the Pouder of Licorice, Carrawayfeeds, Sugar-candy beaten fmall, of each an equal quantity; to which put Rhubarb in Pouder a third part, with a like quantity of Cream of Tartar in Pouder. Take as much as will lye on the point of a Knife three or four times a Day as it is, or in a glass of Wine, and so continue to do for about feven Days.

This gently purges, very. much cools the Blood, and by expelling the Wind Pains, and many Diforders that are occasioned by it.

Menetian Math: the Whites of twelve Eggs, when

when indifferently hard boiled, and cut them very small, Endive small shred fix ounces, Purflain-leaves a handful, Juniper, and Ivy-berries just gathered from the Tree, of each a good handful; Fernroots four ounces, the inner Bark of Elder, and Barberrytree, of each two ounces: bruise those well in a stone or wooden Mortar, and infuse them in two quarts of Rose and Bettony-water each a like, twenty four Hours; draw them off in a cold Still. fill the moisture be entirely extracted from the Herbs, and bottle up the Water, corking it close; and when you use it, put a little Flour of Sulphur in it, and shake it about. · This is highly commended as a great Beautifier in most Courts of Europe.

Menison Boil D: Take a Haunch or other piece and fet it a boiling (being poudered a little before). then boil up five Colly-Flowers, in strong Broth and fome Milk: when they are boiled, put them forth into a Pipkin, adding to them drawn Butter, and keep them by the Fire in a warm Condition : then boil up four handfuls of Spinage in ftrong Broth: when they are enough, pour out part of the Broth from them, and put in a little Vinegar, a Ladleful of drawn Butter, and a grated Nutmeg, your Difh being ready with Sippers in the bottom, put your Spinage thereon round towards the Dishes side : your Venifon being boil'd take it up and lay it in the middle of the Dish, and lay your, Colly-Flowers all over it, then pour on your drawn Butter over that at last, Garnish it with Barberries, and your Diffa with fome green Parsley minced : If you please you may, force your Venison with a handful of fweet Herbs and Parfley minced with Beef-fuet. and the Yolks of Eggs boil'd hard; feafoning your forceing with Pepper, Nutmeg, Ginger, and Salt.

Menison to Broil: Take half a Haunch of fat Venison. cut it into flices half an inch thick, falt and broil them on pretty quick Embers; and when they are well foaked, bread them and ferve them with Gravy only. And in this manner you may broil a Side of Venison; or boil it first in fresh Water and Sales and then broil it, and dridge it, and ferve it up with Gravy, Vinegar, and Pepper. As for the Chine broil it raw, bread it, and serve it up with Gravy.

Take a Buttock of Beef, cut it down the long ways with the Grain, beat it well with a Rolling-pin, and broil it on the Coals; and when it is cold lard it; then put to it some White-wine-Vinegar, Pepper, Salt, Cloves, Mace, and Bays leaves:

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leaves : fo let it lie three or four Days, and bake it in a Rye-Paft; and when it is cold, fill it up with Butter, and let it stand ten or fourteen Days before you cut it up, and it must be a very curious Palate that candistinguish it from Venison of red Deer.

Menison to Counterfeit, another: Take Ram, or Wether, steep it in warm Blood, either of a Goat, Pig or Sheep, and feafon it as you do Venifon; the Bones being taken out, and a little Claret-Wine added, bake it in a Pot, or

Pye.

Menison, a Baunch o: Shoulder to Boaft : Lard either of these with Lard, and flick it thin with Rosemary; then roast it with a quick Fire, but do not lay it too near; baft it with fweet Butter : then take a pint of Claret, a little beaten Cinnamon, and Ginger, and as much Sugar as will fweeten it, five or fix whole Cloves, a little grated Bread; and when it is boiled enough, put in a little sweet Butter, a little Vinegar, and a little Salt: when your Meat is roafted. ferve it in with the Sauce, and frew Salt about your Dish.

Take. Menison - Dafty: four pound of Butter to a Peck of Flour, and make it up into a Crust or Past with cold Water; beat the Past with a Rolling-pin, and likewife fo order two pound of Beef-fuet beaten fmall: then

put the Suet into the Paffy both at top and bottom; (take notice likewise that you put the Whites of twelve Eggs into the Crust:) then your Mear being boned, or the Bones broken to pieces, rub it over with an ounce of Pepper, and as much Salt mixed with it : or if you take out the Bones. you may put them well broken into a Pot, with a little Claret, fair Water, Pepper, Salt, and a flice or two of Nutmeg, and bake them, that fo the Liquor may ferve to put it into the Pasty when it comes out of the Oven, in order to be ferved up at the Table. And this way, without alteration, Mutton or Beef-Pafties may be ordered; and the latter among the more ignorant fo ordered, will pass for Venilon.

Menison to Pot : Take z Haunch of a fat Buck, not lately hunted, bone it and beat three ounces of Pepper, twelve Nutmegs grated, and a fufficient quantity of Salt to feafon it: mix the Spices and Salt with White- wine - Vinegar . walh the Venison over with it; then make holes in the lean fides with a Knife, and stuff it as you do Beef, with Parsley shred small; and then put it into a convenient earthen Pot. with the fat fide downward : then clarifie three pound of . fweet Butter, and put it to the Venison, cover your Pot with a Past, and let it stand in the.

Oven five or fix Hours: then take it out, and with a vent press it down to the bottom of the Pot; and letting it be cold, take the Gravy from the top, and boil it about half away, then put it with the But-

ter to the Meat again.

Water, Beer, and Vinegar together, and having taken off the Scum, put in Bay-leaves, Thyme, Savory, Rosemarytops, and Fenil; and when it boils, put in the Venison, let it parboil, then press it and season it with Salt, Pepper, and Nutmeg.

This takes away the Scent when tainted, and it will keep in this Souce-drink a long time; and so you may bake it to be eat cold or hot.

Stenison to Stem: Slice it out, and put it into your Stewing-dish, set it on a heap of Coals with a little Claretwine, a Sprig or two of Rosemary, and half a dozen Cloves, a little grated Bread, Sugar, and Vinegar; so let it stew together a while then grate one Nutmeg into it, and serve it up.

would recover your Venison when Tainted, Take strong Ale, and as much Vinegar as will make it sharp, boil it with some Bay-salt, and make a strong Brine, scum it, and let it stand till it cools; then lay your Venison to steep in it twelve Hours; press it and four ounces taken inward-

dry it, then parboil it, feafon it with Salt and Pepper, and it will be fit for use.

Merinice to Make: Ga. ther Crabs as foon as the Kernel turns black, and lay them in a heap to fweat; then take off the Stalks, and separate the Rotten, or much bruised, if there be any, put them into a Trough, and stamp them with a Beater, or grind them in a Mill: then put them in a hair Bag, or coarfe Cloath, lay it in a Press, when full with the Mash of the Crabs, and by pressing down the Board upon it, squeeze out the Juice, and put it into a Barrel; stop it close and fet it in a .warm Place for ten or twelve Days, and it will become excellent Veriuice.

Merbein : There are many wonderful Virtues attributed to this Herb, or Plant :. 'Tis Cephalick and Vulnerary, used for Obstructions of the Liver and Spleen also in Difeases of the Eyes, and the Stone, for Ails in the Breaft, Bloody-flux, and Tertian-Ague; to heal Wounds, and cause easie and speedy Delivery in Women., It is outwardly used for Redness of the Eyes, Pains of the Teeth Headach, Quinsie, Glandules of the Jaws, and Falling of the Fundament; for Pains of the Spleen, and cleanfing Ulcers. The distilled Water of it applied outwardly to the Head,

ly with four drops of Spirit of Salt, are held to eafe Pains in the Head, though proceeding from different Caufes. Forestus relates, to his knowledge, That two Persons, when all other Applications failed, were cured of inveterate Headachs, with only applying this

Herb green.

Uinegar in Balls to Make: Take the Berries of the Bramble, when half ripe, and dry them; and when they are fufficiently fo, make them into Pouder, and with strong White wine - Vinegar make them into Balls as big as small Nuts; then dry them; and put them up into wooden Boxes, and when you have occasion to use them, take Wine, or for want of it a little Water, or Stale-beer, and diffolve a Ball in it, or fo much as you have occasion for, and it will immediately become a ftrong Vi-

Minegar Common : . The ufual Vinegar made with us is ordered in this manner: Take a midling fort of Beer, indifferently well hopp'd, put into it, when it has worked well, and is grown fine, some Rapes, or Husks of Grapes, usually brought home for that purpose, mash them together in a Tub; then letting the Rapes fettle, draw off the liquid part, put it into a Cask, and fet it in the Sun as hot as red with a Tile, or Slat stone,

and in about thirty or forty Days it will be a very curious Vinegar, and may pass in use as well as that made of Wine, if it be fined and kept from musting.

Minegar for Digeftion : Take eight drams of Seaonions, a quart of Vinegar, as much Pepper as Onions, Mint, and Juniper-berries : let them infuse, and drink a spoonful at

a time before Meals.

Minegar of Dibers Dozts: (1.) Take good White-wine, and fill a Runlet full, leave it unffopp'd, and fet it in the Sun, or in some hot Place, and it will foon turn, and become special Vinegar. (2.) If your occasion requires Vinegar in haft, put some Pepper, Salt, and foure Leaven mingled together, and a hot Steel, stop it up, and let the Sun, or fome other warmth come to it. Or, for the more speedy way, Put White-wine, or Claret into an earthen Pot, stop the Mouth with a piece of Past, and put it into a Brass Pan or Pot boiling with Water; let it be there about half an Hour, and it will grow foure.

Uinegar to make in an Bout : Green Bramble berries put in good Wine makes

Minegar of Eiber : Gather Elder-flowers before they be too much blown, pick may be, the Bung only cove- them clean from the great Stalks, and dry them in the

Sun when it is not too hot; so pur a handful of them to a quart of the best White-wine-Vinegar, and let it stand about twelve or fourteen Days, then strain it, and draw it off, and put it into your Vessel, letting a quart be put in very hot to make it ferment in the Cask, and fo ftop it close for use. It is very pleafing to the Pallate, good for those to use in Sauces, or otherwise, that are troubled with Pains in their Heads; as also, by dipping a Cloath in it, or making a Poultis of Mallows and Chamomil, and applied to the Head, it wonderfully eases it of Pains caused by heat.

Minegar of Foul Mine: Boil it and fcum it very clean, fuffering it to continue over the Fire till one third is confumed; then put it in a Veffel, and put some Chervel to it, ftop it close, and in a short time it will prove very good Vinegar. You may make Vinegar of any Flowers, Fruits. Herbs, or Roots, by putting them into the Vinegar, and infuling them till the Vinegar is tinctured, or grown strong with the tafte and fmell of them.

Minegat of Depper : Fill a Bottle with the best Wine-Vinegar; then take a good quantity of Pepper put it into a long Cloath fowed up like a Bag, and put it into the Vinegar for the space of Eight it may be drawn out at the end of that time.

Minegar of Boles: Take the Buds almost blown, of red Roses gathered dry, and the Whites and Stalks cut away, shred them, and dry them after in the Sun a confiderable time, put them into an earthen Vessel, and put to a pound of Roses two quarts of the best White-wine-Vinegar: stop them up close, and let them infuse eight or nine Days: then draw off the Vinegar, press out what remains in the Roses, and bottle it up for use.

Another: Take red Rofes. not quite blown, cut away the white Bottoms when the Leaves are plucked from the Stalk, about one pound, and dry them in the Sun; then put them in fix quarts of Whitewine-Vinegar, and fet it in the Sun about forty Days: then strain it, and let the Infusion be repeated with fresh Roses; and so strain it out, and keep it for ufe.

This is used mostly in Sauces, but it is indeed extraordinary good made up into a Syrup with Sugar, to cut Flegm, gargle the Mouth, and to be used in cooling and aftringent Medicines.

Minegar of Ereacle: Take of the Sharpest White-wine Vinegar four quarts : Venice-Treacle; or Mithridate fix ounces, Corten Wintercanus, Virginian Snake Days, with a ftring to it, that | Root, Contrayerua, Zedoary;

Cleanes !

Cloves, Nutmegs, Jamaica-Pepper, of each one ounce; all grossy bruised, Saffron, Cochinele, white Pepper, long Pepper, of each two drams: mix and digest in a gentle Sand-Heat, for a Week or thereabouts, shaking the Glass two or three times a Day; then letting it settle perfectly, decant off the clear, and keep it for use.

The Dose is half a spoonful at a time in some convenient Liquor. It is of excellent use to prevent pestilential Fevers, the Plague, ill Airs, and noisome Vapours, being taken fasting in

a Morning.

Tholet-Sprup Simple:
To make the simple Syrup of Violets, insuse the Flowers of blue Violets twice or thrice, till they have lost their Scent; then with a convenient quantity of Sugar boil up the Water to a Syrup.

This affwagerh sharp Humours, and Pleurisie, and is good for the Head-ach, and against the Heaviness of the Heart, and hinders disturbing

Dreams.

Diolet-flowers to Canby: Take of them which are very good and new being very well coloured, weigh them, and to every ounce of Flowers you must add four ounces of refined Sugar, which is very white and fair Grain'd, and dissolve it in two ounces of fair running Water, so boil it untill it comes to Sugar again, you must seem it often, lest it

be not clear enough, and when it is boiled to Sugar again, take it off and let it cool, then put in your Violet Flowers, flirring them together untill the Sugar grow hard to the Pan; this done, put them in a Box, and keep them for use.

as any one is bitten, (for if the Poison be diffused through the Mass of Blood, the Experiment cannot be warranted) let a hot Iron, as hot as the Party can endure it, be held near the Wound till it has, as some term it, drawn out Poison, which sometimes like a yellowish Spot will stick to the surface of the Iron.

Another: Take white Hore-hound and Plantain, of each half a handful; beat them into the nature of a Poultis, and apply it speedily to the Place afflicted e'er the Poison spread in the Blood, and drink at the same time the Juice of them, which is very good against the Jaundice, and not only for the Biting of the Viper, but other venomous Creatures.

But the great Antidote is Volatile Salt of Vipers, whith may be given in a Bolus, in Methridate, Treacle, or the like; or elfe dissolved in some proper Alexipharmick-Water, and so immediately given, from ten grains to twenty, and so to be repeated Morning and Evening, till the danger is over, it will cause gentle Sweating, and defend the Heart from the Poison You may

Also give the Powers of Vipers, from forty drops, to seventy or more, in all that the Sick drinks. Where the Salt of Vipers cannot be had, you may take the Viper Pouder to a dram, or dram and half at a time as aforesaid, which may be mixed with Mithridate into a Bolu, and so given as is directed in the Salt.

many eaten with their Meat, having a kind of a tast and sweetness of a Parsnip. 'Tis applied with success against the Biting of any venomous Creature, also in pessilential Fevers, Giddiness, Melancholy, Palpitations of the Heart, Falling-sickness, Obstructions of the Bowels and Diseases of the Womb; for the Jaundice and Dropsie, if taken at the

beginning. In case of any kind of Fe-Take of the Root of Scorzonera, and Angelica, of each fix drams; of the Leaves of Wood-forrel. with the Roots, two handfuls; rasp'd Ivory, and Harts-horn, of each half an ounce; Licorice two drams: boil these in a sufficient quantity of Water wherein Barly has been boiled, to the confumption of a pint and a half; and having strained the Liquor, add of the Composition of Scordium-water, and of the cold Scordiumwater of Saxony, of each three ounces, Syrup of Rasberries three ounces: mingle them

of which take three or four ounces at pleasure, though the Fever be violent.

Mirains Milk : Take fair Water a gallon, Roch-Alom a pound, mix and dissolve. Take Wine-Vinegar three quarts, Saccharum Saturni fix ounces: mix and dissolve, then mix both these Liquors together, and keep them for use. This Milk is good against all Heats and Inflammations in the Skin, in Face, Hands, or any other part, it cools and is good against Flushings, Pimples, breakings out, or redness in the Face or Hands; it kills Worms in the Skin, whether in the Face, as Fore-head, Nose, Cheeks, Chin, or in any other external place of the Body, cures Tetters and Ring-Worms, takes away Freckles, Tanning, and Sun-burning, and caufes a pure and clear Skin, giving admirable Whiteness and Beauty beyond comparison. First wash the Face with warm Water and Wheat -Bran with a Spunge. till it is very clean, when dry, then wash it with this Water very warm, a pretty while with a bit of a Spunge also, first in the Morning and last at Night, repeating it also two or three times in the day time.

to the consumption of a pint and a half; and having strained the Liquor, add of the Composition of Scordium-water, and of the cold Scordium-water of Saxony, of each three ounces, Syrup of Rasberries three ounces: mingle them well, and make an Apozem, and a little red Saunders; then

mince

mince fome Onion and Limonpeel, feafon them with Mace, Cinnamon, Cloves, Pepper, and a little red Saunders; then mince fome Onion and Limon-peel, strip a few pickled Barberries, and sprinkle them on between each Layer of the Fish: and when they are thus ordered, put in a pint of Claret, and tye on a double. wetted brown Paper on the Pot, and fo fet it in the Oven with Houshold-bread: and being drawn and cooled, they will look as red as Salmon, or Trout, tast curiously, and eat altogether as well.

Micers in the Breaft : Take Millepedes, otherways called Wood-lice, or Sows-lice, wash them clean, dry them with a Linen-cloath, and beat them very well in a glass, or marble Mortar, and press out the Juice that comes from them; and if the Mass be too dry, you may agitate with them a little White-wine, or Ale, which penetrating and softening them, the Liquor may the better bring forth the Tuice: A dram of which take in two spoonfuls of Whitewine fasting in a Morning.

Micers to Cleanfe: Take four ounces of Turpentine, the Yolks of two Eggs, an ounce of Barly-meal, Saffron, Sarcocol, Mastick, and Frankincense, of each half a dram: mix them well together, and make them into a Plaister, with the addition of Rosin, Honey, and Oil of Roses.

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This being applied, not only cleanses Ulcers, but ingenders in them new Flesh where it is wasted. and makes, after the Cure is paft.

the Skin Moooth again.

Micers External: Take the gross Stalks of red Colwort, dry them pretty well, then put them into an earthen refining Pot, or fuch like, and a hot and put them on Fire, till they are reduced to Ashes, and apply those Ashes to the Ulcer, or take the green Bark of an Oak, chop or bruife it very fmall; pour upon it Lime-water freshly made: let it infuse till the Liquor has a duskey colour; and with this Water wash the Ulcer twice a day.

Micer in the Mouth : To remedy this, Take a pound and a half of white Sugar, the Juice of Pomegranates clarified, red Wine of each a pint: mix thefe well over a gentle Fire, and bring them to the confistence of a thin Syrup, and gargle the Mouth with it, also the Throat, as far as may be, very ofren, and it will bring away the Corruption, and Caufe the Sore to heal: It is affringent, and also strengthens the Stomach.

Ulicers, another : Take one dram of Corrolive Sublimate, 1educe it to fine Pouder, and dissolve it in a quart of fair VVater, suffering it to lye there four or five Days in a light Digestion; then drop in it as much Salarmoniack, or as much Oil of

Tartar

precipitate it all; then filter it carefully, and keep it close stopt for use, viz. To dip Pledgets into it, and apply them to the ulcerous Part once, twice, or thrice a Day, as you fee occa-

fion. Micus Witeri, or Micer of the Wiemb: Take Afphaltem or the true and choice Birumen Judaicum, reduce it to a curious fine Pouder, and take of

it about a drem at a time in any proper Vehicle, once or twice a Day as you fee occa-

fion.

Internally, you are first to cleanfe the VVomb, with the White Potion (fee it under its Title) for four or five Days, after which give our Tinctura Mirabilis inwaraly, a speenful at a time in a Glass of old Malago, Tent, or Alicant; and every Night going to Bid, three grains of our Volatile Laudanum: And while this is a doing, let the White Potien be also injettea up the I Vimb nith a proper VVcmb Syringe, (such a one, as me have described in our Ars Chyrurgica) four er five times a Day, which may be done for a VVcck, or thereabouts, all which being performed, you may compleat the Cure, by injecting up the VVomb (for Some reasonable time) the following Liquor, Take VVell-mater two quarts, Roch-Alom, Saccharum, of each an ounce, white Virtial half an cunce, mix, diffoloe, digeli for ten Days, decant the

Tartar per Deliquium as will clear, Filter, and fo keep it for

Umble-Paffy: To make a Pasty, or Pye, after the newest fashion, Cut the Umbles in fmall pieces, and do the like by fat Bacon: mix them together, and feafon them with Pepper, Salt, and Nutmeg, fill your Pasty, or Pye, with the Materials, having a little stript Thyme, and shred pieces of Limon scatter'd among them; then cover them with flices of Butter and Bacon very thin, and close it; let it foak well in the Oven, and when it is drawn, beat up Butter with Claret, Limon, and fiript Thyme, and ferve it up hot.

Umble = 30 pe : Make a Laying of minced Beef-fuet in the bottom of your Coffin, or Slices of interlarded Bacon; cut the Umbles in pieces as big as a fmall Dice, and your Bacon in like form, feafon it with Nurmeg, Pepper, and Salt, and fill your Pye with it, and close it up with flices of Bacon and Butter; when it is enough, pour in at the place you have left vacant, Butter ard Claret beat up together, and so ferve it up at the Table. whilst it is hot. Be fure it be well baked, or it is altogether spoiled.

Umble: Pre, of Lambs-Teab, &c. Boil your Meat reasonable tender, take the Flesh from the Rone, and mince it small with Beef-fuet

and Marrow, with the Liver, Lights and Heart, a few sweet Herbs, and Currans, season it with Nurmeg. Pepper, and Salt, bake it in the form of an Umble Pye, and in the eating 'tis hardly to be distinguish'd.

Unquent for t. Anthony'sfire: Take Vervine, Pimpernel, and Bettony, of each a handfal; bruise them, and put them into three pints of White-wine; boil, strain them, and fet the Decoction over a gentle Fire again in a glazed Veffel; then take Turpentine ten ounces. Rosin one pound, new white Wax four ounces, Oil eight ounces : when thefe are melted, and well mixed, add to them Mastick in Pouder one ounce, Saccharum Saturni two ounces: make thefe into an Ointment, over a gentle Fire, and anoint the Party afflitted often rubbing it in, and it will repel the Heat: It is also very necessarily used for Fistula's, Cankers, and hot Swellings in the Joints and Sinews.

Anguentum Agyptia = cum: Take Verdigrease five ounces, good Honey fourteen ounces, strong Vinegar seven ounces: boil them together till they incorporate to the thickness of an Unguent, and be of a purple colour.

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This forcibly cleanses inveterate Ulcers, and consumes proud, spongy, and dead Flesh.

Unguentum Album: Take Ceruse four ounces, unripe Oil of Roses twelve ounces, white Wax

three ounces, melt the Wax in the Oil; then put in the Ceruse (being first searsed) and continually stirring them till they are formed into an Unguent; add a lietle White wine-Vinegar, and of Camphire in fine Pouder two draws and a half.

This Ointment is very cooling, it assume the pains occasioned by Heat and Instammations, heals Excoriations, and takes away Scabs, and Itch.

Unguentum Bureum : Take yellow Wax fix ounces, the best Olive-oil two pound, Turpentine two ounces, Pine, Rosin and Colophonia one ounce and half, Olibanum, and Mastick, of each. one ounce; Saffron a dram : difsolve a'ax in the Oil, and so puting in the rest finely bruised, make an Unguent; and when they are all well incorporated, take the whole Mass from it, and put in the Turpentine, stirring it about that it may diffelve and imbody with the reft.

This is excellent in freshWounds, and makes them speedily heal.

Unicoan Stone: This is of very great Virtue. It is mostly found in Germany, Moravia, Saxony and Silefia, in fubterraneous Caverns, where Nature has laid it up for the use and benefit of Man. It is drying and binding, and stops all manner of Fluxes of the Belly, Gonorrhæa's, Bleeding at the Nofe, Hepatick Flux, and all other Fluxes of the Blood, by strengthening the Stomach, Heart, and vital Bb; Spirits.

Spirits. It is also profitable against the Apoplexy, Vertigo, Falling-fickness, and divers other Diseases incident to the Head and Brain, the levigated Pouder being given to a dram, or four scruples, in any convenient Liquid. It is also good against the Pestilence and Plague, and all manner of malignant Fevers; like wise the Measles, Small-pox, Purple, or Spotted-Fever, &c. It is also held powerfully to refist Poilon, whether inwardly or outward injurious, the Biting of Serpents, or any other venomous Creature, by caufing a gentle Sweat, and driving the Poilon from the It is good against Faintings and Swoonings, and Passions of the Heart, Heartburning, and Palpitation, the Diseases of the Viscera, by absorbing the acid Humours, when daily taken from half a dram to a dram, for a certain time, in some proper Cordialwater, or Wine.

Moiting 251000: Take two drams of Henbane feed, and as much of white Poppy-feed: mix them after they are well beaten, with an ounce of the Conferve of red Rofes, and of that take fasting, as near as you can, the quantity of a Walnut. Or,

Take Plantane-leaves a confiderable quantity, bruife them, and press out the Juice, do the like by about fix ountes of Comfrey roots, sweeten it with a little fine Sugar, and drink it up, and you will foon find a restraint of Bleeding, though it come from several Parts.

Whether the Hamorrhtage is by the Mouth or Nofe, upwards, or by the Fundament, or Secrets downwards, there is nothing. more excellent than our Tinctura Mirabilis, which may be given three or four times a Day. I. In the Morning fasting. 2. At ten in the Morning. 3. At four in the Afternoon. 4. At Bed-time, but after taking three, or four grains of our Laudanum Specificum, (if the Bleeding is ve-bement) which Course is to be continued for some Days, as you fee occasion. The Tincture may be given a spoonful at a time, in a Glass of Ale, or Red-port-Wine.

To stay this, when excessive and dangerous, many times caused by Worms in the Stomach, Take dried Rue, and Frankincense, of each a dram; beat them to a fine Pouder, and give it them in a Glass of Rhenish, or Wormwood-wine.

You may give Spirit of Angelica one dram, mixt with a few spoonfuls of Sack, or Mintwater: it gives relief upon the Spot. Or Spirit of Opium, from half a dram to a dram, given in Syrup of Mint, or Syrup of Limons, as aforesaid.

Take the Rind of the Root of an Elder-tree, bruise it, and

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fleen it in White-wine all Night, so that the Wine may be very strong of it; drink off the Wine only luke-warm the next Morning fasting, and it will gently cleanse the Sto-

mach and Belly.

Another: Take a pound of the green Husks of Walnuts. a pound and a half of the Roots of Garden-Radishes, a pound of the green Leaves, six ounces of Asarabacca, and four ounces of Radish-seed; pour on them three pints of White-wine-Vinegar, and let them digest a Day or two: then distil it in a glass Vessel in hot Water.

Two fpoonfuls of this will cause a strong Body to vomit; therefore those that are weaker, may take only a spoonful, or one and a half, to prevent any over-straining that it may oc-

cafion.

Momitting to Stay: Take Spearmint-water four ounces, Syrup of Quinces two ounces, and Cinnamon-water two drams. Take of this two or three spoonfuls at a time.

Another: Take about half an ounce of Cloves, bruife them grofly, put them into a pint of Ale, with half an ounce of Limon, or Citron peel, boil them over a gentle Fire to the confumption of a third part: and then drink it cold, when ftrained, adding a spoonful or two of the Juice of Sage.

Another: Take bruifed Cinnamon two ounces, rectified Spirit of Wine a quart; infuse them four Days in a large Vessel very close stopt, shake it twice or thrice a Day, and dissolve a-part half a pound of Sugar-candy in a quart of Rose-water, and so mingle the Liquors together, and put to them four grains of Musk, and half a scruple of Ambergrease.

This mightily relieves the Stomach when oppressed with Cold, or Flegm, and consequently stays Vomiting. It is also good to stay the Looseness, ease the Pains of the Colick, and other griping

Pains.

This is commended as an excellent thing to stop all manner of Vomitings in Old or Young, but more especially in such as are of Elder Years: Take Juice of Limons a spoonful, Salt of Tartar a scruple: mix and dissolve: to which add Spirit of Poppies one ounce (more or less) Mintwater six spoonfuls: mix and give it for a Dose. In this case also, a Tincture of the Flowers of Corn-Poppies, made with Brandy, and a little duscified, is found to be of Admirable use.

This denotes an ill Digestion: a bad Stomach, and a bad Liver, and if in it there appears any shining Beams, it denotes, an Impostume in the Milt, or if the Urin be white as Whey, thick and little in quantity, it

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hetokeneth the Flux. To

Take Grommel, Saxifrage, Parfly, and Sage; then boil them in Whire-wine, and drink the Liquid part Morning

and Evening.

Party cannot contain the Urin, Take the Roots of Male peony, yellow Amber, red Coral, and chice Gum-arabick, of each a fufficient quantity; reduce them to a fine Pouder, mix them well, and let the Patient take from ten to twenty grains twice a Day, or a spoonful at a time in any convenient Liquid.

Roots of wild Garlick by fome called Crow-Garlick, wipe them clean, but do not wash them: bruise them very well in a stone or glass Mortar; strain out the Juice, and putting it into a Glass of Whitewine, drink it off upon an empty Stomach, taking it once or twice a Day, and you will find great Benefit thereby.

Another: Diffolve a little of the best Spanish Soap in half a pint of White-wine, and pass it through a woolen Filter, or Strainer: put to it by insosion five or six grains of Sassron, divide it into two Doses, and take one two Hours after the other, especially if the first does not operate well: but if it does, you may stay a longer time. This, by the way, is taken for Urin that is her very obstinate.

Another : Take the Pouder of a Stag's Pizzle a dram. Crabs eyes calcined the like quantity; the Inice of Garlick, or strong Onions halfan ounce: Burdock root finely fliced a quarter of an ounce: Pouder of Steel half a dram : Bay-beiries well bruifed an ounce. Harts-horn Shavings a quarter of an ounce, and two drams of the Shavings of Ivoty: boil or infuse these over a gentle Fire in a pint of Rhenish Wine, strain out the liquid part, and let the Party drink half a pint as hot as Milk new taken from the Cow, Morning and Evening, or oftener. if the Stoppage be great, and it will remove in a little time the Obstruction, and cause a free Passage of Urin. Oc.

In an extream Stoppage we have found this mixture of mightyufe. Take Gutte Vite, Pomers of Juniper, Powers of Anni-Seeds, of each an ounce: mix them: dofe one spoonful in VVhitewine. Or this : Take Gutta Vita, Powers of Juniper, Spiritus Anticolicus, of each an ounce; mix them: dose a spoonful as before. Parfly-water is commended, so also Water of Arlmart or Hydropiper. This following is seldom found to fail. Take Pouder of Venice-Turpentine (made hard by boiling in Water) Goat s-blood dryed, and made into fine Pouder, of each equal Parts: mix them: dose from half a dram to a dram. in time of Extremity, as also Morning

Merning and Evening, in any convenient Vebicle.

Al fquehaugh : Take two galtons of rectified Spirit of Wine, a pound of Spanish Licorice, balf a pound of Raisins of the Sun, four ounces of Currans, three ounces of Dates Riced, the Tops of Thyme and Baum, Savery, Mint ; the Tops, or Flawers of Rofemary, of each two ounces; Cinnamon and Mace well bruifed, Nutmegs, Anifeeds, and Coriander-feeds bruifed likewife, of each. four ounces; Citron; or and Orange peel finely Teraped, of each an ounce; les thele infuse in a warm place forty eight Hours, with often haking together; then let them fland in a cool place for the space of a Weck : decant the clear Tingure. and put to it an equal quantity of Choise White Port-Wine ; and a gallon of choice Canary: and sweeten it with a sufficient quanty of double refined Sugar, and To keep it for ufe. For a weaker fort, put choice Brandy to them, and do as before.

This is not only pleasant to drink, but moderately taken preferves the Lungs against cold Distillations of Rheums, and other Defects that afflict them and encline them to Consumption. It lengthens the Breath, cheers the Heart, and keeps out ill Airs occasioned by Damps and Fogs, &c.

Mtert Diolaplus: Apply to the Navel a pretty large Cupping-glass, but suffer

it not to continue too long on, a quarter of an Hour being the longest, for fear of injury, especially to the Navel String.

The only thing for this cure, is the Wooden-Ring, made of Box, or Cocus, or Elder-wood, an Inch and three quarters, or two Inches, more or less, in dismeter, from outside to outside: this always keeps the Womb in its place, without any trouble, and hinders its prolapsion, nor need it ever be taken out, but now and then to cleanse it. See more hereof, in our Comment upon Szdenbam's Practise of Physick, Lib. 2. cap. 3. Sect.

Coriander-feeds, and Rue, in Pouder, boil them in Mintwater, and fweetening it with a little Sugar, often gargarize the Mouth, and it will be remedied.

Or, Take Honey, Juice of Alkermes, of each an ounce, Catechu in Pouder, one ounce, white Pepper in fine Pouder three drams: mix, and therewith anoint the part affected, four or five times a Vay.

Jula Relay'd: Take Juice of Alkermes, Acacia, of each an ounce, Catechu in fine Pouder, an ounce and half, Saccharum Saturni two drams; mix them: with which besmear the Part often times in a Day.

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Afers to make: Take a quart of Flour heaped, and put to it the Yolks of four Eggs, and two or three spoonfuls of Rose-water, mingle this well together, then make it like Batter, with Cream and a little Sugar, and bake it en Irons, very thin poured

Walnut = Water : Take green Walnuts before they have any hard Shells in them, two pound, Rue, and Carduus. of each a handful; Roman Wormwood, and Baum, of each half a handful : bruife all these together, and infuse them in a gallon of Malaga. draw off the Water in a cold Still, and keep it close flopt for ufe.

An ounce of it at a time Morning and Evening, expels Vapours, keeps out infectious Airs, restores Appetite, and causes good Digestion; creates a fresh and lively Countenance, and removes Pains in the Stomach.

Mainuts to Pelerbe: Takegreen Walnuts beforethey have contracted a hardShell under them, pierce them with a Needle, and boil them in three or four Waters to take out the bitterness; and when they are

tender, to twelve pints of the last Liquor, put twelve pints of ordinary Sugar; boil it up, and clarifie it with Whites of Eggs: then strain it, and boil it to a Syrup; and flicking fome Cloves, Mace, and Cinnamon, in the Nuts, put them into the Syrup when cold.

These Preserved Walnuts are very Cordial, Pectoral, and Stomachical, they ftrengthen it, and cause a good Digestion, and are excellent in Fluxes. and Loofeneffes; also, an Antidote against the Plague, and all poisonous and pestilential Difeases.

Mardens oz Dears Stew : Pare them and put them into a Pipkin, with fo much Claret-wine and Water of each, as will near reach to the top of the Wardens; flew or boil them gently till they. grow tender, which may be in two Hours; after a while, put in some Sticks of Cinnamon bruifed, and a few Cloves, when they are almost done. put in Sugar enough to feafon them well, and their Syrup; which you pour out upon them in a deep Plate.

Marden Pye, fee Pear Dve.

Marts: Take May-Butter, melt it in a moderate Heat,

mix it well with as much Oil of Tartar, per deliquium, as will cause a sensible, but not considerable stro g Tast, and make it into an Ointment; and with it often anoint the Warts as hot as you can well endure it, and they will either sink, or peel off.

Marts to Remove: Wash the Warts often with the hot Blood of a Pig, suffering it to dry on them; then wash it off with Lye of Wood-ashes, and lay on a Plaister of Elderback mixed with Oil of Tur-

pentine.

two handfuls of Scabious-flowers, of Smallage, Bay-leaves, Pennyroyal, and Chamomil, of each a handful; the Pouder of Myrrh half an ounce bruife the Herbs, and put them to infuse in two quarts of White-wine; then distil them, and let the Party drink two ounces of it Morning and Evening.

It is excellent good for internal Bruiles, or Hurts; also, for Spitting of Blood, and In-

flammations.

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Mater Beautifying, by Sir Ren. Digby: Take white Lilies fix drams, Florence-Orrice Roots, Beans, Cicers, Lupins, of each half an ounce, freih Bean-flowers a handful, Gum-Tragant, white Lead, fine Sugar, of each half an ounce, Crums of White-bread (fleeped in Milk) an ounce, Frankincense, and Gum-Ara-

bick, of each three drams, Botax, and feather'd Allom, of each two drams, the white of an Egg, Camphire a dram and a half; infuse them twenty four Hours in a sufficient quantity of Rose, and Bean-Flour Water, equal Parts; then distil it in B. M. This Water Smooths, Whitens, Beautifies, and Preserves the Complexion of Ladies. They may wash their Faces with it at any time, but especially Morning and Evening.

water for Canbers: If you are troubled with a Canker in the Mouth, &c. Take Sage, the Bark of Elder Tree, Comfrey, Sorrel, and Endive, of each two handfuls: flamp, and ftrain them, when infufed twelve Hours in two quarts of White-wine, gargle your Mouth with it, or anoint or wash the Place with it elsewhere, and it will make it at a stay, and in a little time

heal it.

best Oat-meal beaten, and steep it in Water all Night, the next Day strain it, and boil it with a Blade of Mace, and when it is enough, put in some Raisins, and Currans (which have been insufed in a Pot of seething Water) and a little Wine, a little Salt, a little Sugar, and so at it.

Mater = Gruel: Take about two parts Oat-meal, well beaten in a Mortar, and one part of Rice, in a fubtil Pouder;

boil

boil these well in Water, adding a good proportion of Cinnamon, to boil also in due time: then ftrain it through a Cloath, and fweeten to their Tafte. The Yolk of an Egg beaten with a little Sherry, or Sack put to it, is not bad in a Loofeness, at other times you may add Butter: it is very taftful, and nourifhing.

Mater for Beat : For Heat or Pimple in the Face, or hot Inflammations in the Eves. take this recommended Water. Take white and red Rose-water. of each a pint; Tutty-flone in Pouder, Aloes Epatick, fine Sugar, and Rofemary-Rowers, of each an ounce; put them in a double Glass, and place them in Balneo Maria five or fix Days. yet frequently, in the mean space, move and shake them together; then with the Infusion wash your Face, Eyes, and other Parts inflamed or breaking. out with Heat, every Night going to Bed, and it will, by a con Aant use, remove it, and make the Skin beautiful.

Water to cool the Liber : Take Barberry-leaves, and Wood-foriel, of each two handfuls; Plantane-roots, and Leaves, a handful; Mellonfeeds. Borrage, and Bugloisflowers, of each an ounce; bruife them well, and infuse them in a gallon of Springwater; diffil them in that Water, and drink a quarter of a pint of it fasting with the Syjup of Limon, Citron, or has taken the better Effect.

or Violets, and walk about a while after the taking thereof.

Mater for the Plague : Take of Celandine .. Rosemary, Baum , Mugwort , Pimpernel, Dragons , Mugwort , Scabious, Agrimony, Bettony , Angelica, Pellitory of Spain , Carduns , Marigold-leaves and Flawers . Barrage-leaves and Flowers, Rafa-Solis, Fetherfew, Pellitony of the Wall, red Sage, Setwall, Mother of Thyme, Devils-bit, and Tonmentil, of each a good handful, with a few Sprigs of Rue, and Walnut-leaves, ar green Walnuts ; bruife all well. and let them infusa in a Sufficia. ent quantity of White-wine three Days, and Nights, keeping the Pot they are in very close, yet of ten shaking it, that the bigredients may move in the Wine; then distil the VVine and Herbs, and keep the Water that is drawn off close stoopped in glass Bottles, where the Sun may come to them.

The best time of distilling this Water is in May, if the Materials, by reason of the forwardness of the Spring, may be had so early. Ten spoonfuls of it may be taken Blood-warm, to prevent the Plague : and this must be done when the first Symptoms of it appear. And upon taking. it, walk about till you sweat again, for the space of an Hour, not eating or drinking after it for the space of two Hours, or more; and then go to Bed upon it. If it chance to cause you to Vomit it is a sign it.

This

This is also good against Agues, or any infectious Difeafes of the Stomath, being taken before the Fit, or Infection too far feizes.

Water for the Stone : Take Saxifrage, Pellitory of the Wall, Mother of Thyme, green Sage, Radifb-roots fixed, of each of them a handful : free the Roots and Herbs a Night in Milk, and she next Morning diffil them:

Too spoonfuls drank fasting. with as much White-wine, is good also to provoke Urin, and

prevent Stoppages.

Water Smeet : Take Rofe-Leaves, Bay-leaves, Lavender, and fweet Marjoram, Eglantine and Pinks, of each two handfuls, Cloves, and Cinnamon, of each an ounce; bruise all these, and pour upon them two quarts of ffrong Ale (that is near the Grounds) let them infuse twenty four Hours, then distil it, and draw it till the Ingredients remain almost dry.

Water for Micers : This is an excellen Water. Take green Arsmart as much as you please, Parfly half as much, Saxifrage a quarter as much : put all into a common Still, and draw off the Water to dryness without burning. 'Tis a famous Water, and gives relief upon the Spot : Dofe fix or eight ounces, two or three times a Day, a little sweetned with Virgin Honey.

If the Ulcer is well cleanfed and incarnated, so that it is fit for bealing, this following Styptickwater will perform the Cure im-

mediately. Take Spring-water a quart, Roch- Alom, Saccharum Saturni, of each four drams. Vitriol calcin'd to Whiteness two or three drams: mix, digeft warm for a Week, then decant the clear again, then filter and keep it for use: with this wosh the Ulcer twice a day, and apply Pledgets thereon dipt in the

Same.

Weaknels after Delibety: Every Night at Bed-time, give the Sick one Small Pill of our Specifick Laudanum, and every Morning fasting, one spoonful of our Tinctura Mirabilis, in a Glass of Old Malaga, Tent, or Alicant; and at times in the day time, now and then a dram or two of our Aqua Bezoartica. or Spiritus Cordialis. Thefethings will frengthen the Woman to a miracle, and quickly bring ber out of her lying in Bed.

Weabness to Bely: Take the Pouder of Vipers an ounce, Diaphoretick - Antimony half an ounce, clear yellow Amber two drams, Sugar the weight of all that have been mentioned before, and fine Starch the like quantity: make them into a Paste with Spirit of Wine, and then into fmall Cakes, of which one may be a sufficient Dose.

This is successfully used to reflore the Tone of the Blood. and to strengthen those that have been, or are weakened with Sickness.

Wieakneis of Etcmach: Take Baum and Mint, boil them . them in White-wine with fome Rosemary-tops or Flowers, and a little Limon-peel, and drink a quarter of a pint of the Decoction half an Hour before Meals. Or for this, Wormwood and Gentian infused in your Drink is very much available.

This is admirably cured by giving the Patient four times a Day, fifty, or fixty drops of our Tinetura Stomachica, in a Glass of Ale, or Wine, viz. 1. In the Morning fasting, 2. Half an Hour before Dinner. 3. At four in the Afternoon. 4. At going to Bed: this if it proceeds from a cold cause; but if it proceed from a bot cause, we commend to you our Spiritus Aperiens, which you may take in all the Liquor you drink, whether Ale, or Wine: Dose forty or fifty drops, or fo much as will make the Liquor pleasantly sharp, as if the Juice of a Limon was squeezed into it: It is good against the shortness of Breath. floppages in the Stomach, mant of Appetite, or any other Ob-Aruttion in the Body wheresoever.

move this Offence of the Sight, Take Shell-snails, and burn them to Pouder, bear it fine, and sift it; add to it the Pouder of Cuttle-bone: put these into Alom-water where-Honey is dissolved, and shake them about: when the Water is thick with the Pouder, drop some of it into the Bye with a

Feather, keeping the Lids clofed a while, and turn your Eye to and fro that it may fret off the Film or Skin that hinders the Sight: and in often fo doing, it will wear it away.

For this Malady, I commend upon my own Experience my Aqua Regulata, as also my Balsamum Ophthalmicum: wash the Eyes several times in the day with the water; and put the Balsam into the Eyes Morning and Evening. letting the Patient lie after it in the morning an hour or something more. This also is of approved ufe. Take Honey, Bull's Gall, of each two Ounces: red Coral caltined and levigated into a subtil Pouder, Pouder of Liquorice and Gum Coranna in Pouder, of each one ounce, mix and make a Ballam; a little of which put into the Eye, Morning and Evening.

Lime-stone, and slack it in small Soap-lees; then mix it with a little Soap, spread it as a Plaister, and lay it to the Wen, and anoint it often with the Lees the Lime was slaked in, and it will sink and destroyit.

Take Venice, or Strasburgh-Tarpentine two ounces, three Yolks of new-laid-Eggs: mix them well together, till the Body of the Turpentine is perfectly opened, by grinding in a Marble Mortar; then add new Milk three quarts, in which half a pound or better of double refined Sugar is dissolved: mix well and keep it in Stone, or Glass-Bottles for use: it cures a Gonorrhea, taking it half a pint at a time, two or three times a Day; and heals the VVomb by injection.

cathite=1B2oth : Take a lit-Mutton-Broth, and as much Sack, and boil it with whole Spice, fweet Herbs, Dates fliced, Currans and a little Salt; when it is enough, or very near, strain in some blanched Almonds, then thicken it with the Yolks of Eggs beaten, and sweeten it with Sugar, and fo ferve it in with Slices of thin White-bread , garnish with stewed Prunes. and fome plumped Raifins. This may be ferved in also with any Meat, proper to be ferved with White-broth.

cothite=pot to Make : Take two quarts of Cream, or new Milk put in half an ounce of Mace, a piece of Cinnamon. and half a Nutmeg fliced; chip off the Crust from a Penny White-loaf, flice it very thin, and lay the Slices in the bottom of a Dish, cover them with Marrow, and put the Yolks of a dozen Eggs to the Cream, or Milk, well beaten with Rose-water, and Iweeten it with Sugar: then take out the Spices fill up a broad Bason, in which the Bread and Marrow is laid; bake it, but not in too hot an Oven: and when it is enough, scrape white Sugar over it, and ferve it up.

Take a Man-Withite=pot: chet, cut like Lozenges, and

feald it in fome Cream, then put to it beaten Spice, Eggs Sugar and a little Saft, then put in Raifins and Dates floned, and some Marrow; do not bake it too much for fear it Whey; then ffrew on fome fine Sugar and ferve it in.

White pot: Take Mornings Milk, and foak therein some Slices of White-bread. and put therein a little Flour. with the Yolks of Eggs bearen very small bruise your Bread, fo that it is all mixt with your Milk, Eggs. and Flour, make it about the thickness of a Pan-cake Batter; then fill a deep Earthen-pan with it and lay some Pieces of Butter on the top, tye a brown Paper about the head thereof, and put it into your Oven when it is baked there will be a hard Crust on the top of it you may make them without Flour, and with Rice. or without either, only with Bread.

Whiteing, fee flounders. Withite-wine that has ioft Colour: To recover this. Rack it from the Lees, and if it be a faint tawny Wine put in Coniack-lees, putting the Wine upon them, rowling them over and beating them: and in the space of ten or twelve Days rack it off and it will be of a white Colour,

and drink very brisk.

White-wine to mend its Colour: Take three or four gallons of new Milk or lefs, according to the quantity of

YOUR

your Wine, put it into the Hogshead, and rowl it to a good mixture: then letting it fettle, open your Bung, and put in three or four ounces of Isinglass, and as much Loaffugar; then fill up the Hogshead, and rowl it three or four times over: and so bring it by that means to a colour and fineness.

your White-wine have an ill Tast, draw it half off and to either of the halves put two gallons of Morning's-Milk, a handful of Rice, and as much Bay-salt: mix or beat them well together with a Paddlessaff for half an Hour then fill up the Hogshead, and rowl it well, and turn it over in the Lees; and so you may broach it in two Days, and it willdrink very pleasantly.

To make this, Take Grocus-Metallorum in Pouder) one ounce, Mace in Pouder, or grofly bruised, one dram, Spanish VVine a pint and a half: infuse the Grocus and Mace in the VVine a considerable time, and then pour off the

Liquid clear part.

This is a very good Vomit, and more frequently used than any other; and among others it is used with great success in curing the Dropsie, Jaundice, Phthisick, and Diseases in the Head; also, in the beginning of Fevers, and before the coming out of the Small-pox. It must consequently in those Cases

do a great deal of good by freeing the Parts from the peccant Humours.

The Doje is half an ounce, an nunce, or an ounce and a half at a time! but the Age and firength of the Patient is in these Cases to be considered. And the best time to take Vomits in, is in the Morning fasting.

Witne of Cherries : out the Stalk, and the Stones of your Cherries, bruile them with your Hands clean washed, or a wooden Ladle; and after twelve Hours fermenting together, strain them through a Napkin, press out the Juice into an earthen Stein; and after you have taken off the Scum and Froth, cover it close: and when it is fettled, pour it off by inclination to ferment in your Cask with Sugar, and this will give it a deep Colour : then bottle it up, tye down the Corks to prevent flying out; and in ten or twelve Days you may drink it.

This is a great cooler, chears the Heart, and revives decaying. Nature; is good against Fits, and violent Pains in the Head. But Note, This is meant of the best red Cherries.

a pound of Currans; Take a pound of Currans, pick them clean, and wash them well, and putting them in an earthen Vessel pretty deep, pour on them about six pints of fair Water very hot, in which three spoonfuls of new Ale-yeast has been distolved; then stop it up close about sixty Hours, that it may work and ferment: and as soon as you find it to your liking, let it run through a Strainer to leave behind the exhausted Currans, and Yeast, and so bottle it up, and it will be exceeding quick, and pleasing in Taste.

This is not only pleasant to drink, but advantageous to the Body fundry Ways: for it cools the Liver, cleanles the Blood, and is taken with good fuccess in all hot Diseases.

Rasberries and bruife them with the back of a Spoon, and strain them, and fill a Bottle with the Juice, stop it but not very close; let it stand four or five Days, then pour it from the Grounds into a Bason, and put as much Whitewine, or Rhenish as your Juice will well colour; then sweeten it with Loaf-Sugar, then bottle it, and keep it for use.

ounce of Roach Alom, and Pouder it, draw from the Hoghead four gallons, then ftrow the Pouder of Alom in it, and bear it well for half an Hour, then fill it up, and fet it on broach: and by this means, Within three Days, if you be careful not to let it take vent, you will find it a currous Wine.

Coline Debicinal : Take The best old Mallaga a quart, Rhenish-wine, a pint, Baum, Rac-red Sage, Angelica and Ger-mander, of each an sunce infuse them fourteen Days in Wine, and Pepper, Ginger, and Numey, of each three drams bent them well and gut to them an butte of Venice Treatle, and a quarter of a pint of Spirit of Angelica and Saffron . A get a gain fourteen Days, and then decant the clear Liquor and drink half a quarter of a pint Morning and Evening or offener. if you fee occasion! it is excetlent good against the Infection of the Plague, Menfles, Small-pox, and Spotted-fever; alfo, to prevent the Infection, by ill Airs af-Catarrhs &cc.

Collines to Back: The best dime to do it is when the Wind his full world; the Weather clear and temperate, in the encrease of the Moon, and when she is under the Earth, and not in the full heighth.

catine Buning: To alter this, Take a course Linear-cloath, and place it before your Bore when you have set it a broach; then put in your Linear, and rack it in a dry Cast then put in five or fix ounces of poudered Alom, and the them well together; and so upon settling, it will be fines down; and become a very clear and pleasant Wine.

Take two ounces of Brim-

c flone,

fone, and half an ounce of Calamus: mix them well together in a pint and a half of Borrage-water, melt the Brimftone in a Pan, and add the rest to it, and dip in so many Linen-cloaths as will foak it up, and put them into the Hogshead : then take out your Ashes, and rack your Wine, and fo put into it a pint of Rose-water, and rowl it well half an Hour, it being stopt down close : aften which, let it lye still two Days; and by this means, this, or any other Gascoign, or red Wine, will have a very pleasant Scent.

the Roots of white MountainJquills seasonably gathered, slice
them, and lay them a drying for
a Month, and put a pound of
them into a glass, and pour
them four quarts of good old
White-wine: insuse them for the
space of forty Days, and then

take out the Squills.

This is likewise a gentle Vomit, but most commonly used with Vinum-Benedictum, or the Blessed Wine; so that an ounce of it may be taken with half an

ounce of the other.

Al altines afficious to alleliozate: Takes pint of clarified Honey, a pound of Water wherein Raifins have been theeped, half a pint, and a marter of a pint of Claret, or white-wine, as to what you propose it to: boil them over a gentle Fire till a third part be consumed, scum it conti-

nually in the boiling, and put it pretty hot into the Wine, and let it stand with the Bung out; then put in a Bag of Spices, and it will fine either new or old Wine that are fouled or decayed, and give them a curious Smell, or Tast; if when it has rested five or six Days, you add white Mustard-feed bruised, hang it in a Canvas-bag.

Maloman in Labout: Take of Ginnamon finely poudered one dram, Amber likewise finely poudered half a dram; Borax in fine Pouder a scruple, mingle them in a quarter of a pint of Claret, and let the Party drink it.

This is accounted a most approved Medicine to help a Woman in the time of her Travel, and sause an easie and safe Labour.

A famous and approved thing also, is Livers and Galls of Eels being dryed, and reduced to pouder: dose from half a draw to a dram, in a Glass of VPhite or Renish-wine, well sweetened with Sugar: it facilitates the Delivery, and at the time of the Pains, brings forth the Birth upon the Spot. Esteem it as a Jewel.

a large old Onion, the whitest that may be, cut it in pieces, and boil it in a pint of Water very lost; strain and press it, and take about a quarter of a pint of the Decoction at a time, putting thereto an ounce of the fresh Oil of Wallauts,

and the expected Effects will

be completed by it.

Moobcock: If it be fat. it will feel thick and hard in the Vent, and have a fat Vein on the fide of the Breaft of it under the Wing; but if lean, it will feel thin in the Vent: if new kill'd, limber footed; but it stale dry footed; have a care it hath not a Snotty Nofe; or a morifh Throat; you may muddy know by fqueezing the Throat, or you may know when fresh, by opening their Bill, and fmell to it, or plucking a Feather from the Wing, and thrust it down their Throat, and if they are tainted you may know it by the smell of the Feather.

Montes to Boaft : being drawn, wash and truss them, lay them to the Fire, and baft them with Butter ; being almost enough, strow grated Bread on them, and be fure to fave the Gravy, into which you must put Toasts that are butter; or you may only mince the Guts, being roafted with the Fowl into the Gravy, and a little Claret, and fo ferve them up: This is the This is the English Way. French: Being pull'd and drawn, washand truss them, then lard them with a broad piece of Bacon over the Breast; being roafted, ferve them on broild Toasts, dipt in Verjuice, of the Juice of Oranges with the Gravy, and warmed on the Fire.

Worm in the Bead: If any Worm, or Earwig, has crept into the Head whilft you fleep, to destroy, or bring it away, Take three or four Cloves of Garlick, stampthem in a Mortar, or any other convenient Utenfil: then lay them in clean Water to foak a while, and fo wring out the Juice with a clean Cloth, and put a few drops of the Liquor into the Ear; and it will either kill the Worm, or work it out with the Wax. It is also good for Noises, and Dizziness in the Head, and brings away the Matter that many times causes Obstruction in the Hearing, and much leffens it.

the Party drink their own VVater with a little Methridate mingled therein, for three Days together in the Morning fasting, and walk after it.

Mozms in Children: Take of the tops of unfer Leaks, with the lower part also of them, one handful, as much of the tops of Wormwood, chop them fmall; then fet them on the Fire with a little fresh Butter, and a little VVhite-wine-Vinegar, and boil them till the Herbs be foft, and that it be reasonable thick: then put it between two Linen Cloths, fowed like a Bag, and lay it warm all over the Belly of the Child at Night, and bind it on a Cloach; the next Morning take it off, and put

put a warm Cloath instead thereof. Thus do three or four Nights together, and it will cause them to avoid the VVorms. It doth also draw VVind and Insection out of the Body.

Take the green Husks of Walnuts, Rue, and Baum, beat them very fine, put as much Sugar to them as will make them into a Conferve; and to make them the more palarable, let it be taken in two or three Ipoonfuls of Canary, to the quantity of a large Hazle-nut at a time.

It is good for Inflammations of the Liver and Stomach. and profitable for those that are fick of the Dropfie, the Leaves being made into a Confection with Sugar. It is of a refringent quality, bitter, and fharp, altogether being hot; it is comfortable, and drying; and therefore it purgeth downwards, and driveth into the Urin and Excrement all cholerick Humours; it principally comforteth and fortifieth the Heart and Stomach, being infused in Wine. The Tops of it, and Roots of Dandelion decocted in Water: are pow-erful Expellers of the Humours that occasion the Jaun. The Juice of Wormwood, wherein the Kernels of Peaches are bruised and infufed, kill the Worms in any Part of the Body. The Conferve of it taken fasting pre-

ferves from Drunkennels, fharpens Appetite, and is a love reign Remedy, for those that are troubled with Stuffings or Stoppage of the Stomach, if the fuice thereof be drank with White-wine, or Vinegar: mixed with Milk and Honey, it is good to rub those that are afflicted with the Squinsie. The Fume of the Decoction, the Mouth, or Ears held over it eafeth their Pains ; and being infused in Wine of Raisins, it easeth the Pains and Pricking of the Eyes, they being washed with it. Being mixed with Oil of Rofes, and a Stomach that has been long weakned, anointed therewith it mightily ffrengthens it. With Figs, Vinegar, and Darnel-Meal, it is good, applied outwardly and inwardly, against the Dropsie and Spleen. Dried and Poudered, it defends Cloaths from Moths and Worms.

For a continued Dropfie, Take two pounds of the Tops of Wormwood, make it into a Conferve with as much Sugar, and let the Party take half an ounce at a time, three or four times a Day.

Take two gallons of new Ale, but well fettled, and very clear, a pound of Anifeeds, and half a pound of Liquorice; bruife them together very fine: then take two handfuls of the render Tops of Roman Wormwood, and put

them

them with the other Ingredients into the Ale: let them infule twelve Hours, and then distil them in an Alembick. The Water will be stronger, if instead of Ale you put Low Wines, or Spirits drawn off decayed Fruit of Grocery-Ware and Molossis.

make this. Take imall Rochel, or Campaign-wine, put into it a few drops of the extracted Oil of Wormwood, or four times the quantity of Tincture of Wormwood: mix them well together by brewing: then let it fret, and contract a Body twenty-four Hours and it will procure by drinking it a loft ppetire, and much enliven Nature.

Glorin mood Gline, Dhygral: Take of Wormwood well dried and feafonably gathered a handful, to a gallon of Wine, and put into that, according to proportion, what quantity you please: let it infuse in a close stopt Vessel till the Wine is ting'd sufficiently of the Wormwood.

This Wine is successfully taken to heat and cleanse the Stomach. It is good in the Dropsie, and excellent in the the procuring a lost Appetite.

flaythe Bleeding of any Wound, Take the tender Tops of Nertles, bruile them between your Eingers till they have loft their flinging quality, then stamp them together with a little little white Sugar, and lay them on the Wound.

But this Pouder is much better, Take Hungarian Vitriol two parts, Rhenish, Tartar one parts, wix, and colcine to mbiteness: to one ounce of this Pouder, add Saccharum Saturni half an ounce: mix them and keep it in a Glisselose fless for use. This heing applyed either dry, or mixt mith a little Whites of Eggs, upon burds of Elangor. Tow, and the mounded part bound up, presently stops the Bleeding.

Oil of St. John's wort two ounces, Vanice Turpentine the like quantity; let them over a gentle Fire, and put to them a little Ballam of Kiel; incorporate them, and keep them as an excellent Ballam for green Wounds of any nature what-

foever. This - following Ponder, Cures Green, Wounds immediately, and generally at once dreffing. Take Sal Mirabilis, made into fine Ponder by drying, or for want thereof, common Salt, calcin'd, and ground fine in a bot Iron Mortar, nine ounces, fine Aloes, Myrrh, fine Bole, in fine Pouder, of each four ounces, Turpentine boiled hard in Water, and made into a Pouder two ounces, Saccharum Saturni one ounce : mix all together well in a warm Iron Mortar, and keep it in a Glass close Hopt for ule.

Oragons-blood, Aloes, Franking

c 3 cense,

eense, Sacebarum Saturni, and Copperas, of each alike; incorporate them, and being finely poudered with some Cob-webs, and Whites of Eggs, apply it to the bleeding Wound, and it will easily flay the Flux of Blood, prevent Putrefaction, and contribute much to the cleaning and healing of it.

Mound-Daibe : Take Oilolive, Sheeps-fuet, of each three ounces, Virgins-wax half a pound, Turpentine four ounces : melt and mix, then add two or three Yolks of Eggs: best them together, and put to them four ounces of Red Role-water, and two ounces of Sugar-candy poudered and diffolved in the Rofewater: mix thefe with as much Flour as will make them into a thickness over a gentle Fire, keeping them flirring till they become a Plaister: apply this to green Wounds, or others, that have not been of roo long standing, and it haftens the Cure.

Take Oil-olive a pound, Sheepsfuet half a pound, Gum Elemi, Turpentine, Frankinsence, of each ten ounces, Rosin, Bees-Wax Balsam Capivij, of each five ounces: mix, and melt, and flir them well together: then take them off the Fire, and frem into the Balfam the following Pouders , Viz. Tobacco , round Birthwort-root , Myrrh , Olibanum, Aloes, all in fine pouder, of each three ounces, and then keep stirring till it begins to grow thick and cold. This Balfam eteanfes any old Sore, or rotten running Ulcer , fills it with Flesh and heals it in a short time; and generally cures any green Wound, at once dreffing.

Take Oil of Ben four ounces, choice Sperma Ceti three ounces, Sacharum Saturni two ounces, Camphire half an ounce, white Beeswax twelve ounces: mix, melt, and make a foft Emplaster, which may be spread on a Fore-head-cloth, and applyed on the Fore-head, every Night going to Bed; this being often done, it will make the Fore-head smooth and soft, and the VV rinks to disappear: Some apply it in like manner over the Cheeks and Chin.

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Man's Yard be fwelled up: diffolve Aloes in White-wine, and dip a Linen Cloth in it; then bind it about the Yard, and often

wash it with the Liquid, and if there be any ventosity, or windiness of the Belly, use a Fomentation of the Decoction of Aristolochia-rotunda; or if the Testicles be affected with

with the Tumor: Take Beanflower Barly-meal, the Leaves of Henbane, of each a like quantity; put to them Oil of Roses mix them well together, by braying in a Mortar, and apply them as a Gataplasm, often renewing it as the moiflure drys up, and wash the Testicles with Rose and Spearmint-water.

One of the best Remedies for this Illness is a Cataplasm of baked Turnips, often to be renewed; or in place thereof this following Mixture: Take Mithridate six ounces, Pouder of Bay berries three ounces, Oil-olive an ounce and half, mix them, spread some of this upon Leather, and apply it, renewing it once or twice a Day, as you see occasion.

If any descending of the Bowels happen upon thefe or the like Occasion. Take Acacia, and fome Cypr s-Nuts. dryed Rue, Bay-berries, Nut-Galls, and Gum-Arabick, of each a quarter of an ounce; bruise them in a Mortar, and fift them into a fine Pouder : make them into a Plaister with Bees-wax and a little Hogs Lard: put up the descending Bowels, and apply it to the bottom of the Belly, drinking each Morning White-wine wherein Cyprus Nuts have been decocted.

Parroto: This Herb grows in the Fields, and hath many long Leaves fpread on the Ground, and finely jagged and

divided into many fmall Parts its Flowers are white, and fome of them fometimes enclining to red, and flayed in Knors, ameng divers green Stalks arifing from the Leaves; fome call it Nofe-bleed, others Milfoil? it flowereth about the latter end of August, An Ointment may be made of it, which is excellent in curing Wounds, and is proper for fuch as have Inflammations. It stops the Terms, being drunk in Whitewine, when decotted therein: as alfo the Bloody Flux. The Ointment of it is a good Healer of Ulcers and Fiftula's, especially fach as abound with Moisture. The Hair berng anounted with it, it flays its falling off; especially washing the Head before with the Concoction of it. Inwardly taken, it ffrengthens the retentive Faculties of the Stomach; it helps the Running of the Reins, and fuch as cannot hold their Urin. The Leaves chewed in the Mouth. eafe the Pain in the Teeth, and is briefly an Herb of a very drying and binding Quality.

Pellow Colour to make:
Take the yellow Chives in
White Lilies, Saffron, and
Tartar, steep them in Gumwater, or Buckthorn-berries;
when they are dryed, heat
them in Water till they swell,
and then press them out, and
these afford a pleasant Colour,
which with a little Gum Arabick dissolved in it, you may

C 4 like

Letter being burnished on blue Paper, will appear like Gold especially it a shell of Gold be mixed and disloved with them.

Pellom Jaundisor i Tiak Mug-wort and Harts Tongge of sach a handful bnewgrin ful boil them in 96 Mis bite wine, or any that is not harn pints be confumed, putting in the Wormwood Jat ; other frain out the Liquid partipuel ling it wery hard, and having Iweetened Sowith Sugar, let the Party afficied drink about a quarter of a punt revery Morning for Nine, days fuecellively is by renewing the quantity, and it will prove of great Advantageoiffoon

Another. Take Ivy, growing round, or twilting an old Oak, when it is flowered, boil the Flowers, Leaves; and ten der Bark of the top Branches in White-wine, of a medium, between fowre and fweet ; infuse half a dram of Saffron in a pint, and let the Parry drink it hot Morning and Evening for a Week or more, if occasion require it.

If the Distemper be far gone, decoct Rhubarb in Beer or Wine, and drink it Morning and Night, keeping your felf warm in a Bed, or in a firing Posture, which is better. for an hour or two after; and in so often doing, the Hu-

likewife write with, and the mours will be dispersed, and Nature thus helped, cast out the Crudities that occasion the Difference, See Jaundice Tellam aforegoing.

> Pem Berries : Thefe are excellent good for Pains in the Bowels, Obstructions of the Stomach, and in Fluxes of the Belly if boiled with Whitewine and a little Mace, and being ftrained; the liquid part drunk fasting.

Pering to Bemedy: Take the Luice of Quinces, and Honey each one pound and half, put to them a pint and a half of Vinegar, and boil them up together; then put in Ginger three ounces, of white Pepper one ounce, and boil them again till they may be made into an Electuary: and take a quarter of an ounce at a time as often as you fee occasion: or you may bruise Rue infuse it in White-wine with Cumming Seeds, and drink it, sweetned with a alit-

tle Honey, to Pouth to Dielerbe : This is chiefly done by a careful Obfervation of Diet, and a good Courfe of Living. 1. Ufe moderate Exercise, to keep up the native heat, and the Humours and Juices from Stagnation. 2. Beware of Drinking to Excess, er using bot and Spirituous Liquors, as strong Drink, VVine, &c. too liberally, or too often, for they destroy the Tone of the Stomach, and bring unaccountable Diforders upon the Body.

3. Eat moderately, and fuch things as the Stomach does eafily digest; twice a day is enough for such as are not Labouring Men. 4. Use perpetual change of Diet, and eat not two days of the Jame kind of Food, for the Stomach, as well as Nature requires Variety, and thus you may go the rounds with all things Eatable. 5. Let all your Meats. be dreft rate, and not too much done; for if their Juices be once out of them, the Stomach is not pleased with them, nor does it easily digest them; and Exeperience daily testifies, that Exeperience daily testifies, Juch as from their Infancy 'up, have eaten their Meat fo dreft, as to have all their Juices in it, look younger at Threescore and Sake.

ten, then others who conflantly eat them fo over done, do at Twenty five Years old, or thirty, and this is the reason that Jews and French Men and VVomen, who eat all their Food so over dreft, look even whilft young, fo Yellow, Dry, VVrinkled, and as it were VKithred, that an old English Man or VVoman look better than they, and in Ago look extream bagged, beyond all manner of Expression. 6. By eatting moderately frong Broths, and Jellies, and the red Gravy of roaft or boiled Meats ... 7. By taking now and then the Powers of Vipers in Wine, or the Viper Pouder, and moderately drinking Viper Wine, only for Strength

Law, Phylick, Methematicks.

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